

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

जनवरी 2026
January 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
शुक्रवार, 01 जनवरी 2026 Friday, 01 January 2026			
हिन्दी	पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला और उनकी कविताएँ	English/ hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:01 PM 06:01 PM 09:01 PM
Cold Wave	Clod Wave - Preparation	English/ hindi	12:23 AM 03:23 AM 06:23 AM 09:23 AM 12:23 PM 03:24 PM 06:24 PM 09:24 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-1	English/ hindi	12:24 AM 03:24 AM 06:24 AM 09:25 AM 12:25 PM 03:25 PM 06:25 PM 09:25 PM
General	Energy Saving	English/ hindi	12:46 AM 03:46 AM 06:46 AM 09:47 AM 12:47 PM 03:47 PM 06:47 PM 09:48 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 1	English/ hindi	12:48 AM 03:48 AM 06:48 AM 09:48 AM 12:48 PM 03:49 PM 06:49 PM 09:49 PM
Cultural Heritage: Art, Music & Dance	ताजमहल अतुलिया धरोवर	English/ hindi	01:20 AM 04:20 AM 07:20 AM 10:21 AM 01:21 PM 04:21 PM 07:21 PM 10:22 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English/ hindi	01:30 AM 04:30 AM 07:31 AM 10:31 AM 01:31 PM 04:31 PM 07:31 PM 10:32 PM



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General	Safety and Security against Violence and Injuries	English/ hindi	01:58 AM 04:58 AM 07:59 AM 10:59 AM 01:59 PM 04:59 PM 07:59 PM 11:00 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-1	English/ hindi	02:04 AM 05:04 AM 08:04 AM 11:04 AM 02:05 PM 05:05 PM 08:05 PM 11:05 PM
General	मूल्य और जिम्मेदार नागरिकता	English/ hindi	02:31 AM 05:32 AM 08:32 AM 11:32 AM 02:32 PM 05:33 PM 08:33 PM 11:33 PM
Science	Science: Chp-4: Carbon and its Compounds Part-1	English/ hindi	02:37 AM 05:37 AM 08:37 AM 11:38 AM 02:38 PM 05:38 PM 08:38 PM 11:39 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English/ hindi	02:59 AM 05:59 AM 08:59 AM 11:59 AM 03:00 PM 06:00 PM 09:00 PM
शुक्रवार, 02 जनवरी 2026 Friday, 02 January 2026			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-1	English/ 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 - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	English/ hindi	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 (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-1: सत्ता की साझेदारी-1	English/ hindi	12:27 AM 03:27 AM 06:28 AM 09:28 AM 12:29 PM 03:29 PM 06:30 PM 09:30 PM
General	Prevention and Management of Substance Misuse	English/ hindi	12:48 AM 03:49 AM 06:49 AM 09:50 AM 12:50 PM 03:51 PM 06:51 PM 09:52 PM



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गणित	गणित: पाठ-4: द्विघात समीकरण - 2	English/ hindi	12:54 AM 03:54 AM 06:55 AM 09:55 AM 12:56 PM 03:56 PM 06:57 PM 09:57 PM
General	Growing up Healthy	English/ hindi	01:28 AM 04:29 AM 07:29 AM 10:30 AM 01:30 PM 04:31 PM 07:31 PM 10:31 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -1	English/ hindi	01:32 AM 04:33 AM 07:33 AM 10:34 AM 01:34 PM 04:35 PM 07:35 PM 10:36 PM
General(Science)	Planetary Motion	English/ hindi	01:48 AM 04:49 AM 07:49 AM 10:50 AM 01:50 PM 04:51 PM 07:51 PM 10:52 PM
Mathematics	Maths: Ch-1: Real Numbers-1	English/ hindi	01:50 AM 04:50 AM 07:51 AM 10:51 AM 01:52 PM 04:52 PM 07:53 PM 10:53 PM
General	Emotional Well Being and Mental Health (H)	English/ hindi	02:25 AM 05:26 AM 08:26 AM 11:27 AM 02:27 PM 05:28 PM 08:28 PM 11:28 PM
Science	Science: Chp-4: Carbon and its Compounds Part-2	English/ hindi	02:30 AM 05:31 AM 08:31 AM 11:32 AM 02:32 PM 05:33 PM 08:33 PM 11:33 PM
शनिवार, 03 जनवरी 2026 Saturday, 03 January 2026			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-2	English/ 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 - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	English/ hindi	12:30 AM 03:30 AM 06:31 AM 09:32 AM 12:32 PM 03:33 PM 06:34 PM 09:34 PM



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सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-1: सत्ता की साझेदारी-2	English/ hindi	12:31 AM 03:31 AM 06:32 AM 09:32 AM 12:33 PM 03:34 PM 06:34 PM 09:35 PM
Cyber Safety	The Social Media - Boon or Bane	English/ hindi	01:00 AM 04:01 AM 07:02 AM 10:02 AM 01:03 PM 04:04 PM 07:04 PM 10:05 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 3	English/ hindi	01:04 AM 04:05 AM 07:05 AM 10:06 AM 01:07 PM 04:07 PM 07:08 PM 10:09 PM
Earthquake	Earthquake - are you safe	English/ hindi	01:39 AM 04:40 AM 07:40 AM 10:41 AM 01:42 PM 04:42 PM 07:43 PM 10:44 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -2	English/ hindi	01:40 AM 04:41 AM 07:42 AM 10:42 AM 01:43 PM 04:44 PM 07:44 PM 10:45 PM
General	Safety and Security against Violence and Injuries	English/ hindi	01:57 AM 04:58 AM 07:58 AM 10:59 AM 02:00 PM 05:00 PM 08:01 PM 11:02 PM
Mathematics	Maths: Ch-1: Real Numbers-2	English/ hindi	02:03 AM 05:03 AM 08:04 AM 11:05 AM 02:05 PM 05:06 PM 08:07 PM 11:07 PM
Cyber Safety	The Social Media - Boon or Bane	English/ hindi	02:32 AM 05:33 AM 08:33 AM 11:34 AM 02:35 PM 05:35 PM 08:36 PM 11:37 PM
Science	Science: Chapter-4 Carbon and its Compounds Part-3	English/ hindi	02:36 AM 05:36 AM 08:37 AM 11:38 AM 02:38 PM 05:39 PM 08:39 PM 11:40 PM



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रविवार, 04 जनवरी 2026
Sunday, 04 January 2026

Language (Urdu)	Urdu: Chp-3: Bheek	English/ hindi	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:57 PM 05:57 PM 08:56 PM 11:56 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	English/ hindi	12:19 AM 03:18 AM 06:18 AM 09:17 AM 12:17 PM 03:17 PM 06:16 PM 09:16 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-3: मुद्रा और साख	English/ hindi	12:20 AM 03:19 AM 06:19 AM 09:18 AM 12:18 PM 03:18 PM 06:17 PM 09:17 PM
Value Education	पिपलात्री - बेटी बचाओ पेड़ लगाओ बेटी पढ़ाओ जीवन बचाओ	English/ hindi	12:52 AM 03:51 AM 06:51 AM 09:50 AM 12:50 PM 03:49 PM 06:49 PM 09:48 PM
विज्ञान	पाठ-2 अम्ल, क्षारक एवं लवण-1	English/ hindi	01:07 AM 04:07 AM 07:06 AM 10:06 AM 01:05 PM 04:05 PM 07:04 PM 10:04 PM
Cyber Safety	The Social Media - Boon or Bane	English/ hindi	01:35 AM 04:34 AM 07:34 AM 10:33 AM 01:33 PM 04:32 PM 07:32 PM 10:31 PM
विज्ञान	पाठ-2 अम्ल, क्षारक एवं लवण-2	English/ hindi	01:38 AM 04:38 AM 07:37 AM 10:37 AM 01:36 PM 04:36 PM 07:35 PM 10:35 PM
General	Dhyana	English/ hindi	02:12 AM 05:11 AM 08:11 AM 11:11 AM 02:10 PM 05:10 PM 08:09 PM 11:09 PM
Social Science (Economics)	S.Sc (Eco): Chp 4: Globalisation and the Indian Economy-1	English/ hindi	02:16 AM 05:16 AM 08:15 AM 11:15 AM 02:14 PM 05:14 PM 08:13 PM 11:13 PM



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General	Value and responsible Citizenship	English/ hindi	02:34 AM 05:34 AM 08:33 AM 11:33 AM 02:32 PM 05:32 PM 08:31 PM 11:31 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English/ hindi	02:39 AM 05:39 AM 08:38 AM 11:38 AM 02:37 PM 05:37 PM 08:36 PM 11:36 PM
सोमवार, 05 जनवरी 2026 Monday, 05 January 2026			
हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	English/ 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 - How labourers and field workers can protect themselves from a cold-wave	English/ hindi	12:36 AM 03:35 AM 06:35 AM 09:34 AM 12:33 PM 03:33 PM 06:32 PM 09:32 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	English/ hindi	12:37 AM 03:36 AM 06:36 AM 09:35 AM 12:34 PM 03:34 PM 06:33 PM 09:32 PM
Sports	The Sound Mind	English/ hindi	01:04 AM 04:03 AM 07:03 AM 10:02 AM 01:01 PM 04:01 PM 07:00 PM 09:59 PM
विज्ञान	विज्ञान: पाठ-2 अम्ल, क्षारक एवं लवण	English/ hindi	01:10 AM 04:09 AM 07:08 AM 10:08 AM 01:07 PM 04:06 PM 07:06 PM 10:05 PM
कहानी	मीना- टेक केयर ऑफ़ गर्ल	English/ hindi	01:46 AM 04:45 AM 07:44 AM 10:44 AM 01:43 PM 04:42 PM 07:42 PM 10:41 PM
Language (English)	English: Chp-7: A Baker from Goa	English/ hindi	01:58 AM 04:57 AM 07:56 AM 10:56 AM 01:55 PM 04:54 PM 07:54 PM 10:53 PM



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Cyber Safety	The Social Media - Boon or Bane	English/ hindi	02:21 AM 05:20 AM 08:20 AM 11:19 AM 02:18 PM 05:18 PM 08:17 PM 11:16 PM
Mathematics	Maths: Ch-1: Real Numbers-3	English/ hindi	02:25 AM 05:24 AM 08:23 AM 11:23 AM 02:22 PM 05:21 PM 08:21 PM 11:20 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English/ hindi	02:32 AM 05:31 AM 08:31 AM 11:30 AM 02:29 PM 05:29 PM 08:28 PM 11:27 PM
General(Science)	Where do you feel comfort	English/ hindi	02:58 AM 05:57 AM 08:56 AM 11:56 AM 02:55 PM 05:54 PM 08:54 PM 11:53 PM
मंगलवार, 06 जनवरी 2026 Tuesday, 06 January 2026			
हिंदी	हिंदी : पाठ-6: नागार्जुन	English/ hindi	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:58 PM 05:57 PM 08:57 PM 11:56 PM
Cold Wave	Clod Wave - Preparation	English/ hindi	12:32 AM 03:32 AM 06:31 AM 09:31 AM 12:31 PM 03:30 PM 06:30 PM 09:29 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास-1	English/ hindi	12:33 AM 03:33 AM 06:33 AM 09:32 AM 12:32 PM 03:31 PM 06:31 PM 09:31 PM
General	E-Waste	English/ hindi	01:01 AM 04:00 AM 07:00 AM 09:59 AM 12:59 PM 03:59 PM 06:58 PM 09:58 PM
विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु	English/ hindi	01:02 AM 04:02 AM 07:02 AM 10:01 AM 01:01 PM 04:00 PM 07:00 PM 10:00 PM



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General	Waste Reduced	English/ hindi	01:41 AM 04:41 AM 07:40 AM 10:40 AM 01:40 PM 04:39 PM 07:39 PM 10:38 PM
Language (English)	English: Chap 9: The Tale of Custard the Dragon	English/ hindi	01:43 AM 04:42 AM 07:42 AM 10:41 AM 01:41 PM 04:41 PM 07:40 PM 10:40 PM
General	Growing up Healthy	English/ hindi	02:11 AM 05:10 AM 08:10 AM 11:09 AM 02:09 PM 05:09 PM 08:08 PM 11:08 PM
Mathematics	Maths: Ch-1: Real Numbers-4	English/ hindi	02:15 AM 05:14 AM 08:14 AM 11:14 AM 02:13 PM 05:13 PM 08:12 PM 11:12 PM
General	Emotional Well Being and Mental Health (E)	English/ hindi	02:33 AM 05:33 AM 08:32 AM 11:32 AM 02:32 PM 05:31 PM 08:31 PM 11:30 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English/ hindi	02:38 AM 05:38 AM 08:37 AM 11:37 AM 02:37 PM 05:36 PM 08:36 PM 11:35 PM
बुधवार, 07 जनवरी 2026 Wednesday, 07 January 2026			
हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	English/ 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	Clod Wave - Preparation	English/ hindi	12:25 AM 03:26 AM 06:27 AM 09:28 AM 12:29 PM 03:30 PM 06:30 PM 09:31 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-2	English/ 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



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General	Pawan muktasana	English/ hindi	12:51 AM 03:52 AM 06:53 AM 09:54 AM 12:55 PM 03:55 PM 06:56 PM 09:57 PM
गणित	गणित: पाठ-5: समान्तर श्रेढियाँ -1	English/ hindi	12:54 AM 03:55 AM 06:56 AM 09:57 AM 12:58 PM 03:58 PM 06:59 PM 10:00 PM
सामान्य	आज़ादी की कहानी-1	English/ hindi	01:24 AM 04:25 AM 07:26 AM 10:27 AM 01:28 PM 04:29 PM 07:29 PM 10:30 PM
Language (English)	English: Chapter 6: The Making of a Scientist-1	English/ hindi	01:32 AM 04:33 AM 07:34 AM 10:35 AM 01:36 PM 04:37 PM 07:38 PM 10:39 PM
General	Anthropological Museum (Anadaman and Nicobar Islands)	English/ hindi	02:01 AM 05:02 AM 08:03 AM 11:04 AM 02:05 PM 05:06 PM 08:07 PM 11:08 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-2	English/ hindi	02:06 AM 05:07 AM 08:08 AM 11:09 AM 02:10 PM 05:11 PM 08:11 PM 11:12 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/ hindi	02:25 AM 05:26 AM 08:27 AM 11:28 AM 02:29 PM 05:30 PM 08:31 PM 11:31 PM
Science	Science: Chapter-4 Carbon and its Compounds	English/ hindi	02:26 AM 05:27 AM 08:28 AM 11:29 AM 02:30 PM 05:31 PM 08:32 PM 11:32 PM
बृहस्पतिवार, 08 जनवरी 2026 Thursday, 08 January 2026			
हिंदी	हिंदी : पाठ-4: तीसरी कसम के शिल्पकार शैलेन्द्रः प्रलाद अग्रवाल	English/ hindi	12:00 AM 03:01 AM 06:03 AM 09:04 AM 12:06 PM 03:07 PM 06:09 PM 09:10 PM



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General (Science)	Aromatic Perfumes	English/ hindi	12:27 AM 03:28 AM 06:30 AM 09:32 AM 12:33 PM 03:35 PM 06:36 PM 09:38 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-1	English/ hindi	12:28 AM 03:30 AM 06:31 AM 09:33 AM 12:35 PM 03:36 PM 06:38 PM 09:39 PM
Travel	Sivasagar - A Historical Place of Assam	English/ hindi	12:49 AM 03:50 AM 06:52 AM 09:53 AM 12:55 PM 03:56 PM 06:58 PM 10:00 PM
गणित	गणित : पाठ-5: समान्तर श्रेढियाँ -2	English/ hindi	12:52 AM 03:54 AM 06:55 AM 09:57 AM 12:58 PM 04:00 PM 07:01 PM 10:03 PM
Language (English)	English: Chapter 6: The Making of a Scientist-2	English/ hindi	01:21 AM 04:23 AM 07:24 AM 10:26 AM 01:27 PM 04:29 PM 07:30 PM 10:32 PM
Value Education	पिपलात्री - बेटी बचाओ पेड़ लगाओ बेटी पढ़ाओ जीवन बचाओ	English/ hindi	01:51 AM 04:52 AM 07:54 AM 10:55 AM 01:57 PM 04:58 PM 08:00 PM 11:01 PM
Social Science (History)	S. Sc. (His): Chp 4: The Age of Industrialisation-3	English/ hindi	02:06 AM 05:08 AM 08:09 AM 11:11 AM 02:12 PM 05:14 PM 08:15 PM 11:17 PM
Cyber Safety	The Social Media - Boon or Bane	English/ hindi	02:22 AM 05:24 AM 08:25 AM 11:27 AM 02:28 PM 05:30 PM 08:31 PM 11:33 PM
Science	Science: Chap 6: Life Processes -1	English/ hindi	02:26 AM 05:27 AM 08:29 AM 11:30 AM 02:32 PM 05:33 PM 08:35 PM 11:37 PM

General	Innovative Teacher	English/ hindi	02:46 AM 05:47 AM 08:49 AM 11:50 AM 02:52 PM 05:53 PM 08:55 PM 11:56 PM
शुक्रवार, 09 जनवरी 2026 Friday, 09 January 2026			
संस्कृत	पाठ - 9:सूक्तयः - 1	English/ hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:03 PM 06:04 PM 09:05 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/ hindi	12:35 AM 03:36 AM 06:36 AM 09:37 AM 12:38 PM 03:39 PM 06:39 PM 09:40 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-2: संघवाद	English/ hindi	12:36 AM 03:37 AM 06:37 AM 09:38 AM 12:39 PM 03:40 PM 06:40 PM 09:41 PM
General	MOTHER EARTH Prakriti English	English/ hindi	12:59 AM 04:00 AM 07:00 AM 10:01 AM 01:02 PM 04:03 PM 07:03 PM 10:04 PM
गणित	गणित : पाठ-5: समान्तर श्रेढ़ियाँ -3	English/ hindi	01:01 AM 04:01 AM 07:02 AM 10:03 AM 01:04 PM 04:05 PM 07:05 PM 10:06 PM
General	कमल	English/ hindi	01:28 AM 04:29 AM 07:30 AM 10:31 AM 01:31 PM 04:32 PM 07:33 PM 10:34 PM
Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-1	English/ hindi	01:37 AM 04:38 AM 07:39 AM 10:39 AM 01:40 PM 04:41 PM 07:42 PM 10:42 PM
General(Science)	Jumping disc	English/ hindi	01:53 AM 04:54 AM 07:55 AM 10:55 AM 01:56 PM 04:57 PM 07:58 PM 10:58 PM



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Mathematics	Maths: Ch-1 Real Numbers	English/ hindi	01:55 AM 04:55 AM 07:56 AM 10:57 AM 01:58 PM 04:58 PM 07:59 PM 11:00 PM
General	Health And Sanitation (E)	English/ hindi	02:24 AM 05:25 AM 08:26 AM 11:26 AM 02:27 PM 05:28 PM 08:29 PM 11:30 PM
Science	Science: Chap 6: Life Processes -2	English/ hindi	02:31 AM 05:31 AM 08:32 AM 11:33 AM 02:34 PM 05:34 PM 08:35 PM 11:36 PM
General English	Episode 11 Agreeing 3	English/ hindi	02:50 AM 05:51 AM 08:52 AM 11:52 AM 02:53 PM 05:54 PM 08:55 PM 11:56 PM
शनिवार, 10 जनवरी 2026 Saturday, 10 January 2026			
General	Energy Saving	English/ 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
General	MOTHER EARTH Prakriti English	English/ hindi	12:02 AM 03:03 AM 06:03 AM 09:04 AM 12:04 PM 03:05 PM 06:05 PM 09:06 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा. (राजनीति विज्ञान): पाठ-2: संघवाद	English/ hindi	12:04 AM 03:05 AM 06:05 AM 09:06 AM 12:06 PM 03:07 PM 06:07 PM 09:08 PM
ENVIRONMENT	Bravo Banana	English/ hindi	12:35 AM 03:35 AM 06:36 AM 09:36 AM 12:37 PM 03:37 PM 06:38 PM 09:38 PM
गणित	गणित : पाठ-5: समान्तर श्रेणियाँ -4	English/ hindi	12:59 AM 03:59 AM 07:00 AM 10:00 AM 01:01 PM 04:01 PM 07:02 PM 10:02 PM



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General	Single Use Plastic	English/ hindi	01:27 AM 04:28 AM 07:28 AM 10:29 AM 01:29 PM 04:30 PM 07:30 PM 10:31 PM
Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-2	English/ hindi	01:29 AM 04:30 AM 07:30 AM 10:31 AM 01:31 PM 04:32 PM 07:32 PM 10:33 PM
General	Waste Reduced	English/ hindi	01:47 AM 04:47 AM 07:48 AM 10:48 AM 01:49 PM 04:49 PM 07:50 PM 10:50 PM
Mathematics	Maths: Ch-2 Polynomials-1	English/ hindi	01:48 AM 04:49 AM 07:49 AM 10:50 AM 01:50 PM 04:50 PM 07:51 PM 10:51 PM
Science	Science: Chap 6: Life Processes	English/ hindi	02:18 AM 05:19 AM 08:19 AM 11:20 AM 02:20 PM 05:21 PM 08:21 PM 11:22 PM
General	Pawan muktasana	English/ hindi	02:57 AM 05:57 AM 08:58 AM 11:58 AM 02:59 PM 05:59 PM 09:00 PM
रविवार, 11 जनवरी 2026 Sunday, 11 January 2026			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	English/ 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
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-1	English/ hindi	12:34 AM 03:35 AM 06:36 AM 09:36 AM 12:37 PM 03:38 PM 06:39 PM 09:40 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	English/ hindi	12:57 AM 03:58 AM 06:59 AM 10:00 AM 01:01 PM 04:02 PM 07:03 PM 10:04 PM



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Value Education	पिपलात्री - बेटी बचाओ पेड़ लगाओ बेटी पढ़ाओ जीवन बचाओ	English/ hindi	01:03 AM 04:04 AM 07:05 AM 10:06 AM 01:07 PM 04:08 PM 07:09 PM 10:10 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-2	English/ hindi	01:19 AM 04:20 AM 07:21 AM 10:22 AM 01:23 PM 04:24 PM 07:25 PM 10:25 PM
Social science	Understanding our architectural heritage (Bibi ka Maqbara)	English/ hindi	01:34 AM 04:35 AM 07:36 AM 10:37 AM 01:38 PM 04:39 PM 07:39 PM 10:40 PM
Social Science (Economics)	S.Sc (Eco): Chp 4: Globalisation and the Indian Economy-2	English/ hindi	01:48 AM 04:49 AM 07:50 AM 10:51 AM 01:52 PM 04:53 PM 07:54 PM 10:55 PM
General	Gender Equality	English/ hindi	02:14 AM 05:15 AM 08:16 AM 11:17 AM 02:18 PM 05:19 PM 08:20 PM 11:21 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chp 6: Political Parties	English/ hindi	02:22 AM 05:23 AM 08:23 AM 11:24 AM 02:25 PM 05:26 PM 08:27 PM 11:28 PM
ENVIRONMENT	Life in Woods	English/ hindi	02:45 AM 05:46 AM 08:47 AM 11:48 AM 02:49 PM 05:50 PM 08:51 PM 11:52 PM
सोमवार, 12 जनवरी 2026 Monday, 12 January 2026			
हिंदी	हिंदी : पाठ-6: अब कहाँ दूसरे के दुःख से दुखी होने वाले: निदा फ़ाज़ली	English/ hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:01 PM 03:01 PM 06:01 PM 09:01 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English/ hindi	12:29 AM 03:30 AM 06:30 AM 09:30 AM 12:31 PM 03:31 PM 06:31 PM 09:31 PM



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सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-1: संसाधन एवं विकास-2	English/ hindi	12:30 AM 03:31 AM 06:31 AM 09:31 AM 12:31 PM 03:32 PM 06:32 PM 09:32 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English/ hindi	12:54 AM 03:54 AM 06:55 AM 09:55 AM 12:55 PM 03:55 PM 06:56 PM 09:56 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-2	English/ hindi	12:55 AM 03:55 AM 06:56 AM 09:56 AM 12:56 PM 03:56 PM 06:57 PM 09:57 PM
सामान्य	Water Saved	English/ hindi	01:10 AM 04:10 AM 07:10 AM 10:11 AM 01:11 PM 04:11 PM 07:12 PM 10:12 PM
Language (English)	English: Chap 7: The Necklace	English/ hindi	01:11 AM 04:11 AM 07:12 AM 10:12 AM 01:12 PM 04:12 PM 07:13 PM 10:13 PM
Mathematics	Maths: Ch-2 Polynomials-2	English/ hindi	01:41 AM 04:41 AM 07:42 AM 10:42 AM 01:42 PM 04:43 PM 07:43 PM 10:43 PM
Travel	Rangsapara	English/ hindi	02:17 AM 05:17 AM 08:17 AM 11:17 AM 02:18 PM 05:18 PM 08:18 PM 11:19 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English/ hindi	02:39 AM 05:39 AM 08:39 AM 11:39 AM 02:40 PM 05:40 PM 08:40 PM 11:41 PM
General	MOTHER EARTH Prakriti English	English/ hindi	02:58 AM 05:58 AM 08:58 AM 11:59 AM 02:59 PM 05:59 PM 09:00 PM



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मंगलवार, 13 जनवरी 2026
Tuesday, 13 January 2026

हिन्दी	पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	English/ hindi	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
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English/ hindi	12:25 AM 03:24 AM 06:23 AM 09:21 AM 12:20 PM 03:19 PM 06:17 PM 09:16 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-1	English/ hindi	12:26 AM 03:25 AM 06:23 AM 09:22 AM 12:21 PM 03:19 PM 06:18 PM 09:17 PM
सामान्य	आज़ादी की कहानी-2	English/ hindi	12:53 AM 03:51 AM 06:50 AM 09:49 AM 12:47 PM 03:46 PM 06:45 PM 09:43 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-3	English/ hindi	01:07 AM 04:06 AM 07:05 AM 10:03 AM 01:02 PM 04:01 PM 06:59 PM 09:58 PM
Science	Science: Ch-1: Chemical Reactions and Equations-I	English/ hindi	01:23 AM 04:21 AM 07:20 AM 10:19 AM 01:17 PM 04:16 PM 07:15 PM 10:13 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English/ hindi	01:39 AM 04:38 AM 07:37 AM 10:35 AM 01:34 PM 04:33 PM 07:32 PM 10:30 PM
General	Nutrition_Health and Sanitation	English/ hindi	02:07 AM 05:06 AM 08:05 AM 11:03 AM 02:02 PM 05:01 PM 08:00 PM 10:58 PM
Mathematics	Maths: Chp 2: Polynomials	English/ hindi	02:14 AM 05:12 AM 08:11 AM 11:10 AM 02:09 PM 05:07 PM 08:06 PM 11:05 PM



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General	MOTHER EARTH Prakriti English	English/ hindi	02:36 AM 05:35 AM 08:34 AM 11:33 AM 02:31 PM 05:30 PM 08:29 PM 11:27 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English/ hindi	02:38 AM 05:37 AM 08:36 AM 11:35 AM 02:33 PM 05:32 PM 08:31 PM 11:29 PM
बुधवार, 14 जनवरी 2026 Wednesday, 14 January 2026			
हिन्दी	पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला और उनकी कविताएँ	English/ hindi	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
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	English/ hindi	12:29 AM 03:28 AM 06:28 AM 09:27 AM 12:26 PM 03:25 PM 06:24 PM 09:23 PM
सामाजिक विज्ञान (इतिहास)	पाठ-3: भूमंडलीकृत विश्व का बनना-1	English/ hindi	12:30 AM 03:29 AM 06:28 AM 09:27 AM 12:26 PM 03:25 PM 06:24 PM 09:24 PM
गणित	गणित: पाठ-2: बहुपद भाग-4	English/ hindi	12:55 AM 03:54 AM 06:53 AM 09:52 AM 12:51 PM 03:50 PM 06:49 PM 09:48 PM
General	Health And Sanitation (H)	English/ hindi	01:44 AM 04:43 AM 07:42 AM 10:41 AM 01:40 PM 04:39 PM 07:38 PM 10:37 PM
Language (English)	English: Chp-7: A Baker from Goa	English/ hindi	01:50 AM 04:49 AM 07:48 AM 10:47 AM 01:46 PM 04:45 PM 07:44 PM 10:43 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-2	English/ hindi	02:13 AM 05:12 AM 08:11 AM 11:11 AM 02:10 PM 05:09 PM 08:08 PM 11:07 PM



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Science	Science: Chap 3: Metal and Non-Metal-2	English/ hindi	02:33 AM 05:32 AM 08:31 AM 11:30 AM 02:29 PM 05:28 PM 08:27 PM 11:26 PM
बृहस्पतिवार, 15 जनवरी 2026 Thursday, 15 January 2026			
हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	English/ hindi	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:01 PM 06:02 PM 09:02 PM
ENVIRONMENT	Life in Woods	English/ hindi	12:29 AM 03:30 AM 06:30 AM 09:30 AM 12:31 PM 03:31 PM 06:31 PM 09:32 PM
सामाजिक विज्ञान (इतिहास)	पाठ-3: भूमंडलीकृत विश्व का बनना-2	English/ hindi	12:44 AM 03:45 AM 06:45 AM 09:45 AM 12:46 PM 03:46 PM 06:47 PM 09:47 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-1	English/ hindi	01:07 AM 04:07 AM 07:08 AM 10:08 AM 01:09 PM 04:09 PM 07:09 PM 10:10 PM
Language (English)	English: Chap 9: The Tale of Custard the Dragon	English/ hindi	01:40 AM 04:40 AM 07:40 AM 10:41 AM 01:41 PM 04:42 PM 07:42 PM 10:42 PM
Cyber Security	Online Predators	English/ hindi	02:23 AM 05:23 AM 08:24 AM 11:24 AM 02:25 PM 05:25 PM 08:25 PM 11:26 PM
Social Science (History)	S. Sc. (His): Chp 4: The Age of Industrialisation-3	English/ hindi	02:24 AM 05:25 AM 08:25 AM 11:25 AM 02:26 PM 05:26 PM 08:26 PM 11:27 PM
General	I will work & work with courage	English/ hindi	02:40 AM 05:41 AM 08:41 AM 11:41 AM 02:42 PM 05:42 PM 08:43 PM 11:43 PM



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Science	Science: Ch-1: Chemical Reactions and Equations-I	English/ hindi	02:43 AM 05:43 AM 08:44 AM 11:44 AM 02:45 PM 05:45 PM 08:45 PM 11:46 PM
शुक्रवार, 16 जनवरी 2026 Friday, 16 January 2026			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-3	English/ hindi	12:00 AM 03:01 AM 06:03 AM 09:04 AM 12:06 PM 03:07 PM 06:09 PM 09:10 PM
Cold Wave	Coldwave – Do's and don'ts of a cold wave for people residing in hilly regions	English/ hindi	12:27 AM 03:29 AM 06:30 AM 09:32 AM 12:33 PM 03:35 PM 06:36 PM 09:38 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-7: लोकतंत्र के परिणाम-3	English/ hindi	12:28 AM 03:30 AM 06:31 AM 09:33 AM 12:34 PM 03:36 PM 06:37 PM 09:39 PM
General	Single Use Plastic	English/ 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-3: दो चर वाले रैखिक समीकरण युग्म भाग-2	English/ hindi	12:55 AM 03:57 AM 06:59 AM 10:00 AM 01:02 PM 04:03 PM 07:05 PM 10:06 PM
General	MOTHER EARTH Prakriti English	English/ hindi	01:25 AM 04:26 AM 07:28 AM 10:30 AM 01:31 PM 04:33 PM 07:34 PM 10:36 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -1	English/ hindi	01:27 AM 04:28 AM 07:30 AM 10:31 AM 01:33 PM 04:35 PM 07:36 PM 10:38 PM
Value Education	Village on Wheels	English/ hindi	01:43 AM 04:44 AM 07:46 AM 10:48 AM 01:49 PM 04:51 PM 07:52 PM 10:54 PM



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Mathematics	Maths: Ch-1: Real Numbers-1	English/ hindi	02:02 AM 05:04 AM 08:05 AM 11:07 AM 02:08 PM 05:10 PM 08:12 PM 11:13 PM
General	Energy Saving	English/ hindi	02:38 AM 05:39 AM 08:41 AM 11:42 AM 02:44 PM 05:45 PM 08:47 PM 11:48 PM
Science	Science: Chap 3: Metal and Non-Metal-1	English/ hindi	02:39 AM 05:41 AM 08:42 AM 11:44 AM 02:45 PM 05:47 PM 08:49 PM 11:50 PM
शनिवार, 17 जनवरी 2026 Saturday, 17 January 2026			
संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-1	English/ hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:01 PM 06:01 PM 09:01 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/ hindi	12:26 AM 03:26 AM 06:26 AM 09:26 AM 12:26 PM 03:27 PM 06:27 PM 09:27 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-6: राजनीतिक दल-1	English/ hindi	12:27 AM 03:27 AM 06:27 AM 09:27 AM 12:27 PM 03:28 PM 06:28 PM 09:28 PM
Cyber Safety	The Social Media - Boon or Bane	English/ hindi	12:50 AM 03:50 AM 06:50 AM 09:51 AM 12:51 PM 03:51 PM 06:51 PM 09:51 PM
गणित	गणित: पाठ-2: बहुपद भाग-1	English/ hindi	12:54 AM 03:54 AM 06:54 AM 09:54 AM 12:54 PM 03:55 PM 06:55 PM 09:55 PM
General	E-Waste Management: Block 4.1	English/ hindi	01:19 AM 04:20 AM 07:20 AM 10:20 AM 01:20 PM 04:20 PM 07:21 PM 10:21 PM



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Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -2	English/ hindi	01:35 AM 04:35 AM 07:35 AM 10:35 AM 01:36 PM 04:36 PM 07:36 PM 10:36 PM
Mathematics	Maths: Ch-1: Real Numbers-2	English/ hindi	01:51 AM 04:52 AM 07:52 AM 10:52 AM 01:52 PM 04:52 PM 07:53 PM 10:53 PM
Cyber Security	Internet Ethics	English/ hindi	02:21 AM 05:21 AM 08:21 AM 11:21 AM 02:22 PM 05:22 PM 08:22 PM 11:22 PM
Science	Science: Chap 3: Metal and Non-Metal-2	English/ hindi	02:24 AM 05:24 AM 08:24 AM 11:24 AM 02:24 PM 05:25 PM 08:25 PM 11:25 PM
Cultural Heritage: Art, Music & Dance	ताजमहल अतुलिया धरोवर	English/ hindi	02:50 AM 05:50 AM 08:50 AM 11:50 AM 02:50 PM 05:51 PM 08:51 PM 11:51 PM
रविवार, 18 जनवरी 2026 Sunday, 18 January 2026			
Language (Urdu)	Urdu: Chp-1: Bhola	English/ 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	Clod Wave - Preparation	English/ hindi	12:30 AM 03:31 AM 06:32 AM 09:32 AM 12:33 PM 03:34 PM 06:35 PM 09:36 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-2	English/ hindi	12:31 AM 03:32 AM 06:33 AM 09:34 AM 12:35 PM 03:36 PM 06:36 PM 09:37 PM
Language	Theatre in Education	English/ hindi	12:55 AM 03:56 AM 06:57 AM 09:58 AM 12:59 PM 04:00 PM 07:00 PM 10:01 PM



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विज्ञान	पाठ-2 अम्ल, क्षारक एवं लवण-1	English/ hindi	01:19 AM 04:20 AM 07:21 AM 10:22 AM 01:23 PM 04:24 PM 07:24 PM 10:25 PM
General	Gender Equality	English/ hindi	01:46 AM 04:47 AM 07:48 AM 10:49 AM 01:50 PM 04:51 PM 07:52 PM 10:53 PM
Social Science (Economics)	S.Sc (Eco): Chp 4: Globalisation and the Indian Economy-3	English/ hindi	01:54 AM 04:54 AM 07:55 AM 10:56 AM 01:57 PM 04:58 PM 07:59 PM 11:00 PM
ENVIRONMENT	The Journey of Silk	English/ hindi	02:15 AM 05:16 AM 08:17 AM 11:18 AM 02:19 PM 05:20 PM 08:20 PM 11:21 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English/ hindi	02:32 AM 05:33 AM 08:34 AM 11:35 AM 02:36 PM 05:37 PM 08:37 PM 11:38 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	English/ hindi	02:54 AM 05:55 AM 08:56 AM 11:57 AM 02:58 PM 05:59 PM 09:00 PM
सोमवार, 19 जनवरी 2026 Monday, 19 January 2026			
हिंदी	हिंदी : पाठ-6: नागार्जुन	English/ hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:01 PM 06:01 PM 09:01 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English/ hindi	12:32 AM 03:32 AM 06:33 AM 09:33 AM 12:33 PM 03:33 PM 06:33 PM 09:34 PM
General	मूल्य और जिम्मेदार नागरिकता	English/ hindi	12:33 AM 03:33 AM 06:33 AM 09:34 AM 12:34 PM 03:34 PM 06:34 PM 09:34 PM



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सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-2	English/ hindi	12:39 AM 03:39 AM 06:39 AM 09:39 AM 12:39 PM 03:40 PM 06:40 PM 09:40 PM
ENVIRONMENT	Life in Woods	English/ hindi	01:03 AM 04:03 AM 07:03 AM 10:03 AM 01:03 PM 04:04 PM 07:04 PM 10:04 PM
विज्ञान	पाठ-2 अम्ल, क्षारक एवं लवण-2	English/ hindi	01:18 AM 04:18 AM 07:18 AM 10:18 AM 01:18 PM 04:19 PM 07:19 PM 10:19 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/ hindi	01:51 AM 04:52 AM 07:52 AM 10:52 AM 01:52 PM 04:52 PM 07:53 PM 10:53 PM
Language (English)	English: Chapter 6: The Making of a Scientist-1	English/ hindi	01:52 AM 04:53 AM 07:53 AM 10:53 AM 01:53 PM 04:53 PM 07:54 PM 10:54 PM
Cyber Security	Secure Your Bank Accounts	English/ hindi	02:22 AM 05:22 AM 08:22 AM 11:22 AM 02:22 PM 05:23 PM 08:23 PM 11:23 PM
Mathematics	Maths: Ch-1: Real Numbers-3	English/ hindi	02:23 AM 05:23 AM 08:23 AM 11:23 AM 02:24 PM 05:24 PM 08:24 PM 11:24 PM
सामान्य	Consumer Awareness	English/ hindi	02:30 AM 05:31 AM 08:31 AM 11:31 AM 02:31 PM 05:31 PM 08:32 PM 11:32 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English/ hindi	02:35 AM 05:35 AM 08:36 AM 11:36 AM 02:36 PM 05:36 PM 08:36 PM 11:37 PM



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मंगलवार, 20 जनवरी 2026
Tuesday, 20 January 2026

हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	English/ hindi	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:03 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/ hindi	12:25 AM 03:25 AM 06:26 AM 09:26 AM 12:27 PM 03:28 PM 06:28 PM 09:29 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन	English/ hindi	12:26 AM 03:26 AM 06:27 AM 09:27 AM 12:28 PM 03:29 PM 06:29 PM 09:30 PM
विज्ञान	विज्ञान: पाठ-2 अम्ल, क्षारक एवं लवण	English/ hindi	01:07 AM 04:08 AM 07:08 AM 10:09 AM 01:10 PM 04:10 PM 07:11 PM 10:11 PM
Language (English)	English: Chapter 6: The Making of a Scientist-2	English/ hindi	01:44 AM 04:44 AM 07:45 AM 10:46 AM 01:46 PM 04:47 PM 07:47 PM 10:48 PM
Mathematics	Maths: Ch-1: Real Numbers-4	English/ hindi	02:14 AM 05:14 AM 08:15 AM 11:15 AM 02:16 PM 05:17 PM 08:17 PM 11:18 PM
सामान्य	Healthy Lifestyle Adopted	English/ hindi	02:36 AM 05:36 AM 08:37 AM 11:37 AM 02:38 PM 05:38 PM 08:39 PM 11:40 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chp 6: Political Parties	English/ hindi	02:36 AM 05:37 AM 08:37 AM 11:38 AM 02:38 PM 05:39 PM 08:39 PM 11:40 PM



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बुधवार, 21 जनवरी 2026 Wednesday, 21 January 2026			
हिंदी	हिंदी : पाठ-4: तीसरी कसम के शिल्पकार शैलेन्द्रः प्रलाद अग्रवाल	English/ hindi	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:55 AM 02:54 PM 05:53 PM 08:52 PM 11:51 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/ hindi	12:27 AM 03:26 AM 06:25 AM 09:24 AM 12:23 PM 03:21 PM 06:20 PM 09:19 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-2	English/ hindi	12:28 AM 03:27 AM 06:26 AM 09:25 AM 12:24 PM 03:22 PM 06:21 PM 09:20 PM
General	Single Use Plastic	English/ hindi	12:53 AM 03:51 AM 06:50 AM 09:49 AM 12:48 PM 03:47 PM 06:46 PM 09:45 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 1	English/ hindi	12:54 AM 03:53 AM 06:52 AM 09:51 AM 12:50 PM 03:49 PM 06:48 PM 09:47 PM
सामान्य	आजादी की कहानी-3	English/ hindi	01:27 AM 04:26 AM 07:25 AM 10:23 AM 01:22 PM 04:21 PM 07:20 PM 10:19 PM
Language (English)	English: Chap 7: The Necklace	English/ hindi	01:38 AM 04:37 AM 07:36 AM 10:35 AM 01:34 PM 04:33 PM 07:32 PM 10:31 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English/ hindi	02:09 AM 05:07 AM 08:06 AM 11:05 AM 02:04 PM 05:03 PM 08:02 PM 11:01 PM
Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World-1	English/ hindi	02:09 AM 05:08 AM 08:07 AM 11:06 AM 02:05 PM 05:04 PM 08:03 PM 11:02 PM



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General (Science)	All Roads Lead to Rome	English/ hindi	02:32 AM 05:31 AM 08:30 AM 11:29 AM 02:28 PM 05:27 PM 08:25 PM 11:24 PM
Science	Science: Chp-4: Carbon and its Compounds Part-1	English/ hindi	02:33 AM 05:32 AM 08:31 AM 11:30 AM 02:29 PM 05:28 PM 08:27 PM 11:25 PM
बृहस्पतिवार, 22 जनवरी 2026 Thursday, 22 January 2026			
हिंदी	हिंदी : पाठ-6: अब कहाँ दूसरे के दुःख से दुखी होने वाले: निदा फ़ाज़ली	English/ 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 - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	English/ hindi	12:23 AM 03:24 AM 06:24 AM 09:25 AM 12:26 PM 03:27 PM 06:28 PM 09:29 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-3	English/ hindi	12:24 AM 03:24 AM 06:25 AM 09:26 AM 12:27 PM 03:28 PM 06:29 PM 09:30 PM
General	Energy Saving	English/ hindi	12:45 AM 03:46 AM 06:47 AM 09:48 AM 12:49 PM 03:50 PM 06:51 PM 09:51 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 2	English/ hindi	12:47 AM 03:48 AM 06:48 AM 09:49 AM 12:50 PM 03:51 PM 06:52 PM 09:53 PM
General	Promotion of Healthy Lifestyle	English/ hindi	01:21 AM 04:22 AM 07:23 AM 10:24 AM 01:25 PM 04:26 PM 07:27 PM 10:27 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English/ hindi	01:27 AM 04:28 AM 07:29 AM 10:30 AM 01:31 PM 04:32 PM 07:32 PM 10:33 PM



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Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	English/ hindi	01:55 AM 04:56 AM 07:57 AM 10:58 AM 01:59 PM 05:00 PM 08:00 PM 11:01 PM
Social Science (History)	So. Sci. (His):Chp 5: Print Culture and the Modern World-2	English/ hindi	01:56 AM 04:57 AM 07:58 AM 10:59 AM 02:00 PM 05:01 PM 08:01 PM 11:02 PM
Science	Science: Chp-4: Carbon and its Compounds Part-2	English/ hindi	02:20 AM 05:21 AM 08:22 AM 11:23 AM 02:24 PM 05:25 PM 08:26 PM 11:27 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	English/ hindi	02:54 AM 05:55 AM 08:56 AM 11:57 AM 02:57 PM 05:58 PM 08:59 PM
शुक्रवार, 23 जनवरी 2026 Friday, 23 January 2026			
संस्कृत	संस्कृत : पाठ - 9:सूक्तयः - 2	English/ hindi	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:56 AM 02:56 PM 05:55 PM 08:54 PM 11:53 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	English/ hindi	12:35 AM 03:35 AM 06:34 AM 09:33 AM 12:32 PM 03:31 PM 06:31 PM 09:30 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-1: सत्ता की साझेदारी-1	English/ hindi	12:36 AM 03:36 AM 06:35 AM 09:34 AM 12:33 PM 03:32 PM 06:32 PM 09:31 PM
General	E-Waste	English/ hindi	12:58 AM 03:57 AM 06:56 AM 09:56 AM 12:55 PM 03:54 PM 06:53 PM 09:53 PM
General(Mathematics)	Cone Run Uphill	English/ hindi	01:00 AM 03:59 AM 06:58 AM 09:57 AM 12:57 PM 03:56 PM 06:55 PM 09:54 PM



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गणित	गणित: पाठ-4: द्विघात समीकरण - 3	English/ hindi	01:01 AM 04:00 AM 07:00 AM 09:59 AM 12:58 PM 03:57 PM 06:56 PM 09:56 PM
General	Interpersonal Relationships	English/ hindi	01:36 AM 04:35 AM 07:34 AM 10:34 AM 01:33 PM 04:32 PM 07:31 PM 10:31 PM
Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-1	English/ hindi	01:41 AM 04:40 AM 07:39 AM 10:38 AM 01:38 PM 04:37 PM 07:36 PM 10:35 PM
General(Science)	Zinc Smelting	English/ hindi	01:57 AM 04:56 AM 07:55 AM 10:54 AM 01:54 PM 04:53 PM 07:52 PM 10:51 PM
Mathematics	Maths: Ch-1 Real Numbers	English/ hindi	01:58 AM 04:57 AM 07:57 AM 10:56 AM 01:55 PM 04:54 PM 07:53 PM 10:53 PM
General	Health And Sanitation (E)	English/ hindi	02:28 AM 05:27 AM 08:26 AM 11:25 AM 02:25 PM 05:24 PM 08:23 PM 11:22 PM
Science	Science: Chapter-4 Carbon and its Compounds Part-3	English/ hindi	02:34 AM 05:33 AM 08:33 AM 11:32 AM 02:31 PM 05:30 PM 08:29 PM 11:29 PM
शनिवार, 24 जनवरी 2026 Saturday, 24 January 2026			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-1	English/ hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:01 PM 03:01 PM 06:01 PM 09:01 PM
Cold Wave	Clod Wave - Preparation	English/ hindi	12:26 AM 03:26 AM 06:27 AM 09:27 AM 12:27 PM 03:27 PM 06:28 PM 09:28 PM



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सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-1: सत्ता की साझेदारी-2	English/ hindi	12:27 AM 03:28 AM 06:28 AM 09:28 AM 12:28 PM 03:29 PM 06:29 PM 09:29 PM
Sports	The Sound Mind	English/ hindi	12:57 AM 03:57 AM 06:58 AM 09:58 AM 12:58 PM 03:59 PM 06:59 PM 09:59 PM
गणित	गणित: पाठ-5: समान्तर श्रेढ़ियाँ -1	English/ 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(Science)	World of Symmetry	English/ hindi	01:33 AM 04:33 AM 07:33 AM 10:34 AM 01:34 PM 04:34 PM 07:35 PM 10:35 PM
Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-2	English/ hindi	01:34 AM 04:34 AM 07:35 AM 10:35 AM 01:35 PM 04:36 PM 07:36 PM 10:36 PM
सामान्य	Water Saved	English/ hindi	01:52 AM 04:52 AM 07:52 AM 10:52 AM 01:53 PM 04:53 PM 07:53 PM 10:54 PM
Mathematics	Maths: Ch-2 Polynomials-1	English/ hindi	01:53 AM 04:53 AM 07:53 AM 10:54 AM 01:54 PM 04:54 PM 07:54 PM 10:55 PM
General(Science)	Stop the disc	English/ hindi	02:23 AM 05:23 AM 08:24 AM 11:24 AM 02:24 PM 05:24 PM 08:25 PM 11:25 PM
Science	Science: Chapter-4 Carbon and its Compounds	English/ hindi	02:25 AM 05:26 AM 08:26 AM 11:26 AM 02:26 PM 05:27 PM 08:27 PM 11:27 PM



रविवार, 25 जनवरी 2026 Sunday, 25 January 2026			
Language (Urdu)	Urdu: Chp-3: Bheek	English/ hindi	12:00 AM 03:03 AM 06:07 AM 09:11 AM 12:15 PM 03:19 PM 06:23 PM 09:27 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	English/ hindi	12:26 AM 03:30 AM 06:34 AM 09:37 AM 12:41 PM 03:45 PM 06:49 PM 09:53 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-3: मुद्रा और साख	English/ hindi	12:27 AM 03:31 AM 06:35 AM 09:38 AM 12:42 PM 03:46 PM 06:50 PM 09:54 PM
General	जेंडर समानता	English/ hindi	12:59 AM 04:02 AM 07:06 AM 10:10 AM 01:14 PM 04:18 PM 07:22 PM 10:26 PM
विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु	English/ hindi	01:06 AM 04:10 AM 07:14 AM 10:18 AM 01:21 PM 04:25 PM 07:29 PM 10:33 PM
Social science	Understanding our architectural heritage (Bibi ka Maqbara)	English/ hindi	01:45 AM 04:49 AM 07:53 AM 10:56 AM 02:00 PM 05:04 PM 08:08 PM 11:12 PM
Social Science (Economics)	S.Sc. (Eco): Chp 4: Globalisation and the Indian Economy-4	English/ hindi	01:59 AM 05:03 AM 08:07 AM 11:11 AM 02:14 PM 05:18 PM 08:22 PM 11:26 PM
सामान्य	हिंदी शब्दकोष	English/ hindi	02:25 AM 05:29 AM 08:33 AM 11:37 AM 02:41 PM 05:45 PM 08:49 PM 11:53 PM
General	Energy Saving	English/ hindi	02:43 AM 05:46 AM 08:50 AM 11:54 AM 02:58 PM 06:02 PM 09:06 PM



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Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English/ hindi	02:44 AM 05:48 AM 08:52 AM 11:56 AM 03:00 PM 06:04 PM 09:08 PM
सोमवार, 26 जनवरी 2026 Monday, 26 January 2026			
हिन्दी	पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	English/ hindi	12:00 AM 03:01 AM 06:03 AM 09:05 AM 12:07 PM 03:09 PM 06:11 PM 09:13 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English/ hindi	12:32 AM 03:34 AM 06:36 AM 09:38 AM 12:40 PM 03:42 PM 06:44 PM 09:46 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	English/ hindi	12:33 AM 03:35 AM 06:37 AM 09:39 AM 12:41 PM 03:43 PM 06:44 PM 09:46 PM
Cold Wave	Cold Wave - Chilblains	English/ hindi	01:00 AM 04:02 AM 07:04 AM 10:06 AM 01:08 PM 04:09 PM 07:11 PM 10:13 PM
विज्ञान	पाठ-2 अम्ल, क्षारक एवं लवण-1	English/ hindi	01:01 AM 04:03 AM 07:05 AM 10:07 AM 01:09 PM 04:11 PM 07:12 PM 10:14 PM
Language (English)	English: Chp-7: A Baker from Goa	English/ hindi	01:28 AM 04:30 AM 07:32 AM 10:34 AM 01:36 PM 04:38 PM 07:40 PM 10:42 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/ hindi	02:02 AM 05:04 AM 08:06 AM 11:08 AM 02:10 PM 05:12 PM 08:14 PM 11:16 PM
Mathematics	Maths: Ch-2 Polynomials-2	English/ hindi	02:03 AM 05:05 AM 08:07 AM 11:09 AM 02:11 PM 05:13 PM 08:15 PM 11:17 PM



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Cyber Security	Internet Ethics	English/ hindi	02:39 AM 05:41 AM 08:43 AM 11:45 AM 02:47 PM 05:48 PM 08:50 PM 11:52 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English/ hindi	02:42 AM 05:44 AM 08:46 AM 11:47 AM 02:49 PM 05:51 PM 08:53 PM 11:55 PM
मंगलवार, 27 जनवरी 2026 Tuesday, 27 January 2026			
हिन्दी	पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला और उनकी कविताएँ	English/ 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 11:58 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/ hindi	12:29 AM 03:29 AM 06:29 AM 09:29 AM 12:29 PM 03:29 PM 06:29 PM 09:29 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास-1	English/ hindi	12:30 AM 03:30 AM 06:30 AM 09:30 AM 12:30 PM 03:30 PM 06:30 PM 09:30 PM
General(Science)	Stop the disc	English/ hindi	12:58 AM 03:58 AM 06:57 AM 09:57 AM 12:57 PM 03:57 PM 06:57 PM 09:57 PM
विज्ञान	पाठ-2 अम्ल, क्षारक एवं लवण-2	English/ hindi	12:59 AM 03:59 AM 06:59 AM 09:58 AM 12:58 PM 03:58 PM 06:58 PM 09:58 PM
General	जेंडर समानता	English/ hindi	01:33 AM 04:33 AM 07:32 AM 10:32 AM 01:32 PM 04:32 PM 07:32 PM 10:32 PM
Language (English)	English: Chap 9: The Tale of Custard the Dragon	English/ hindi	01:40 AM 04:40 AM 07:40 AM 10:40 AM 01:39 PM 04:39 PM 07:39 PM 10:39 PM



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General	Safety and Security against Violence and Injuries	English/ hindi	02:08 AM 05:08 AM 08:08 AM 11:08 AM 02:08 PM 05:07 PM 08:07 PM 11:07 PM
Mathematics	Maths: Chp 2: Polynomials	English/ hindi	02:14 AM 05:14 AM 08:13 AM 11:13 AM 02:13 PM 05:13 PM 08:13 PM 11:13 PM
Cyber Security	Tips to avoid Lottery Scams	English/ hindi	02:36 AM 05:36 AM 08:36 AM 11:36 AM 02:36 PM 05:36 PM 08:36 PM 11:35 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English/ hindi	02:37 AM 05:37 AM 08:37 AM 11:37 AM 02:37 PM 05:37 PM 08:36 PM 11:36 PM
बुधवार, 28 जनवरी 2026 Wednesday, 28 January 2026			
हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	English/ 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
General(Science)	World of Symmetry	English/ hindi	12:36 AM 03:36 AM 06:35 AM 09:35 AM 12:35 PM 03:34 PM 06:34 PM 09:34 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-1	English/ hindi	12:37 AM 03:37 AM 06:37 AM 09:36 AM 12:36 PM 03:36 PM 06:35 PM 09:35 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	English/ hindi	12:59 AM 03:59 AM 06:59 AM 09:58 AM 12:58 PM 03:58 PM 06:57 PM 09:57 PM
गणित	गणित : पाठ-5: समान्तर श्रेढ़ियाँ -2	English/ hindi	01:00 AM 04:00 AM 06:59 AM 09:59 AM 12:59 PM 03:58 PM 06:58 PM 09:58 PM



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Travel	Sivasagar - A Historical Place of Assam	English/ hindi	01:29 AM 04:29 AM 07:29 AM 10:28 AM 01:28 PM 04:28 PM 07:27 PM 10:27 PM
Language (English)	English: Chapter 6: The Making of a Scientist-1	English/ hindi	01:32 AM 04:32 AM 07:32 AM 10:31 AM 01:31 PM 04:31 PM 07:30 PM 10:30 PM
Cyber Security	Tips to avoid Lottery Scams	English/ hindi	02:01 AM 05:01 AM 08:01 AM 11:00 AM 02:00 PM 05:00 PM 07:59 PM 10:59 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-1	English/ hindi	02:02 AM 05:02 AM 08:02 AM 11:01 AM 02:01 PM 05:01 PM 08:00 PM 11:00 PM
Science	Science: Formation of image by Convex Lens	English/ hindi	02:30 AM 05:30 AM 08:29 AM 11:29 AM 02:29 PM 05:28 PM 08:28 PM 11:28 PM
Science	Science: Chap 6: Life Processes -1	English/ hindi	02:40 AM 05:39 AM 08:39 AM 11:39 AM 02:38 PM 05:38 PM 08:38 PM 11:37 PM
बृहस्पतिवार, 29 जनवरी 2026 Thursday, 29 January 2026			
हिंदी	हिंदी : पाठ-6: नागार्जुन	English/ hindi	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	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	English/ hindi	12:25 AM 03:27 AM 06:29 AM 09:30 AM 12:32 PM 03:34 PM 06:35 PM 09:37 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-2	English/ 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



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General English	Episode 1 Greeting a Friend	English/ hindi	12:51 AM 03:53 AM 06:54 AM 09:56 AM 12:58 PM 03:59 PM 07:01 PM 10:03 PM
गणित	गणित : पाठ-5: समान्तर श्रेढियाँ -3	English/ hindi	12:59 AM 04:01 AM 07:02 AM 10:04 AM 01:06 PM 04:07 PM 07:09 PM 10:11 PM
General	Gender Equality	English/ hindi	01:26 AM 04:28 AM 07:30 AM 10:32 AM 01:33 PM 04:35 PM 07:37 PM 10:38 PM
Language (English)	English: Chapter 6: The Making of a Scientist-2	English/ hindi	01:34 AM 04:35 AM 07:37 AM 10:39 AM 01:40 PM 04:42 PM 07:44 PM 10:46 PM
General	मूल्य और जिम्मेदार नागरिकता	English/ hindi	02:03 AM 05:05 AM 08:07 AM 11:08 AM 02:10 PM 05:12 PM 08:13 PM 11:15 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-2	English/ hindi	02:09 AM 05:10 AM 08:12 AM 11:14 AM 02:15 PM 05:17 PM 08:19 PM 11:21 PM
Science	Science: Reaction of Metal with Salt Solutions	English/ hindi	02:28 AM 05:29 AM 08:31 AM 11:33 AM 02:35 PM 05:36 PM 08:38 PM 11:40 PM
Science	Science: Chap 6: Life Processes -2	English/ hindi	02:31 AM 05:33 AM 08:35 AM 11:37 AM 02:38 PM 05:40 PM 08:42 PM 11:43 PM
General English	Episode 11 Agreeing 3	English/ hindi	02:51 AM 05:53 AM 08:55 AM 11:56 AM 02:58 PM 06:00 PM 09:01 PM



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शुक्रवार, 30 जनवरी 2026
Friday, 30 January 2026

संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-2	English/ hindi	12:00 AM 03:10 AM 06:20 AM 09:31 AM 12:41 PM 03:52 PM 07:02 PM 10:13 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	English/ hindi	12:37 AM 03:47 AM 06:57 AM 10:08 AM 01:18 PM 04:29 PM 07:39 PM 10:50 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-2: संघवाद	English/ hindi	12:38 AM 03:48 AM 06:58 AM 10:09 AM 01:19 PM 04:30 PM 07:40 PM 10:51 PM
General(Mathematics)	Cone Run Uphill	English/ hindi	01:01 AM 04:11 AM 07:21 AM 10:32 AM 01:42 PM 04:53 PM 08:03 PM 11:14 PM
गणित	गणित : पाठ-5: समान्तर श्रेणियाँ -4	English/ hindi	01:02 AM 04:12 AM 07:23 AM 10:33 AM 01:44 PM 04:54 PM 08:05 PM 11:15 PM
General	Interpersonal Relationships	English/ hindi	01:31 AM 04:41 AM 07:51 AM 11:02 AM 02:12 PM 05:23 PM 08:33 PM 11:44 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -1	English/ hindi	01:35 AM 04:46 AM 07:56 AM 11:07 AM 02:17 PM 05:27 PM 08:38 PM 11:48 PM
General(Science)	Zinc Smelting	English/ hindi	01:51 AM 05:02 AM 08:12 AM 11:23 AM 02:33 PM 05:43 PM 08:54 PM
Mathematics	Maths: Ch-1: Real Numbers-1	English/ hindi	01:53 AM 05:03 AM 08:14 AM 11:24 AM 02:34 PM 05:45 PM 08:55 PM
Cultural Heritage: Art, Music & Dance	Mukha	English/ hindi	02:28 AM 05:39 AM 08:49 AM 11:59 AM 03:10 PM 06:20 PM 09:31 PM



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Dish TV Channel #2031

Science	Science: Chap 6: Life Processes -4	English/ hindi	02:40 AM 05:51 AM 09:01 AM 12:12 PM 03:22 PM 06:32 PM 09:43 PM
General English	Episode 2 Greeting an Acquaintance	English/ hindi	03:01 AM 06:12 AM 09:22 AM 12:32 PM 03:43 PM 06:53 PM 10:04 PM
शनिवार, 31 जनवरी 2026 Saturday, 31 January 2026			
संस्कृत	पाठ - 9:सूक्तयः - 1	English/ hindi	12:00 AM 03:02 AM 06:04 AM 09:06 AM 12:08 PM 03:10 PM 06:12 PM 09:14 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	English/ hindi	12:35 AM 03:37 AM 06:39 AM 09:41 AM 12:43 PM 03:45 PM 06:47 PM 09:50 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा. (राजनीति विज्ञान): पाठ-2: संघवाद	English/ 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
गणित	गणित: पाठ-4: द्विघात समीकरण - 1	English/ hindi	01:06 AM 04:08 AM 07:10 AM 10:12 AM 01:14 PM 04:17 PM 07:19 PM 10:21 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -2	English/ hindi	01:39 AM 04:41 AM 07:43 AM 10:45 AM 01:47 PM 04:49 PM 07:52 PM 10:54 PM
सामान्य	Healthy Lifestyle Adopted	English/ hindi	01:56 AM 04:58 AM 08:00 AM 11:02 AM 02:05 PM 05:07 PM 08:09 PM 11:11 PM
Mathematics	Maths: Ch-1: Real Numbers-2	English/ hindi	01:57 AM 04:59 AM 08:01 AM 11:03 AM 02:05 PM 05:07 PM 08:09 PM 11:11 PM



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सामान्य	Sustainable Food Systems Adopted	English/ hindi	02:26 AM 05:28 AM 08:30 AM 11:32 AM 02:34 PM 05:37 PM 08:39 PM 11:41 PM
Science	Science: Chap 6: Life Processes	English/ hindi	02:26 AM 05:29 AM 08:31 AM 11:33 AM 02:35 PM 05:37 PM 08:39 PM 11:41 PM



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