

कक्षा - 5 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 5

कक्षा - 5 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 5

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
गणित	गणित	पर्यावरण अध्ययन	पर्यावरण अध्ययन	गणित	गणित	शारीरिक शिक्षा
हिन्दी	हिन्दी	हिन्दी	हिन्दी	हिन्दी	हिन्दी	कहानी
Mathematics	Mathematics	EVS	EVS	Mathematics	Mathematics	Physical Education
English	English	English	English	English	Storytelling	Storytelling

☞ 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 11 to 12 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/27.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Wednesday from 2.00 pm to 3.00 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 - 5 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 5

जनवरी 2026
January 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
बृहस्पतिवार, 01 जनवरी 2026 Thursday, 01 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:07 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:01 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General	इन्वेस्टिव टीचर	Hindi	12:01 AM 02:01 AM 04:02 AM 06:03 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:07 PM 10:08 PM
General	हिंदी शब्दकोष	Hindi	12:16 AM 02:17 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:23 PM 10:23 PM
General	Introduction to waste segregation & dry and wet bins	English	12:33 AM 02:34 AM 04:35 AM 06:35 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:39 PM 06:39 PM 08:40 PM 10:41 PM
General	Real life situations- garbage burning and what to do	English	12:47 AM 02:48 AM 04:48 AM 06:49 AM 08:50 AM 10:50 AM 12:51 PM 02:52 PM 04:52 PM 06:53 PM 08:54 PM 10:54 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:11 AM 03:12 AM 05:12 AM 07:13 AM 09:14 AM 11:14 AM 01:15 PM 03:16 PM 05:16 PM 07:17 PM 09:18 PM 11:18 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:23 AM 03:24 AM 05:24 AM 07:25 AM 09:26 AM 11:26 AM 01:27 PM 03:28 PM 05:28 PM 07:29 PM 09:30 PM 11:30 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:29 AM 03:30 AM 05:30 AM 07:31 AM 09:32 AM 11:32 AM 01:33 PM 03:34 PM 05:34 PM 07:35 PM 09:36 PM 11:36 PM



General	Introduction to waste segregation & dry and wet bins	English	01:35 AM 03:36 AM 05:37 AM 07:37 AM 09:38 AM 11:39 AM 01:39 PM 03:40 PM 05:40 PM 07:41 PM 09:42 PM 11:42 PM
Cold Wave	Cold Wave - Chilblains	Hindi	01:49 AM 03:50 AM 05:50 AM 07:51 AM 09:52 AM 11:52 AM 01:53 PM 03:53 PM 05:54 PM 07:55 PM 09:55 PM 11:56 PM
General	Gender Equality	English	01:50 AM 03:51 AM 05:51 AM 07:52 AM 09:53 AM 11:53 AM 01:54 PM 03:55 PM 05:55 PM 07:56 PM 09:56 PM 11:57 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	01:57 AM 03:58 AM 05:58 AM 07:59 AM 10:00 AM 12:00 PM 02:01 PM 04:02 PM 06:02 PM 08:03 PM 10:04 PM
General	Cyberbullying	English	01:58 AM 03:59 AM 05:59 AM 08:00 AM 10:01 AM 12:01 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:05 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:59 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
शुक्रवार, 02 जनवरी 2026 Friday, 02 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:04 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:02 AM 06:02 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
General	इनोवेटिव टीचर	Hindi	12:04 AM 02:04 AM 04:05 AM 06:05 AM 08:06 AM 10:06 AM 12:06 PM 02:07 PM 04:07 PM 06:08 PM 08:08 PM 10:08 PM
General	हिंदी शब्दकोष	Hindi	12:19 AM 02:20 AM 04:20 AM 06:21 AM 08:21 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:23 PM 08:23 PM 10:24 PM
General	Introduction to waste segregation & dry and wet bins	English	12:37 AM 02:37 AM 04:37 AM 06:38 AM 08:38 AM 10:39 AM 12:39 PM 02:39 PM 04:40 PM 06:40 PM 08:41 PM 10:41 PM



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General	Real life situations- garbage burning and what to do	English	12:50 AM 02:51 AM 04:51 AM 06:52 AM 08:52 AM 10:52 AM 12:53 PM 02:53 PM 04:54 PM 06:54 PM 08:54 PM 10:55 PM
General	zoological-Survey-of-india	English	01:14 AM 03:15 AM 05:15 AM 07:16 AM 09:16 AM 11:16 AM 01:17 PM 03:17 PM 05:18 PM 07:18 PM 09:18 PM 11:19 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:17 AM 03:17 AM 05:18 AM 07:18 AM 09:18 AM 11:19 AM 01:19 PM 03:20 PM 05:20 PM 07:20 PM 09:21 PM 11:21 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:18 AM 03:18 AM 05:18 AM 07:19 AM 09:19 AM 11:20 AM 01:20 PM 03:20 PM 05:21 PM 07:21 PM 09:22 PM 11:22 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	01:24 AM 03:25 AM 05:25 AM 07:25 AM 09:26 AM 11:26 AM 01:27 PM 03:27 PM 05:27 PM 07:28 PM 09:28 PM 11:29 PM
General	ध्यान	Hindi	01:25 AM 03:26 AM 05:26 AM 07:27 AM 09:27 AM 11:27 AM 01:28 PM 03:28 PM 05:29 PM 07:29 PM 09:29 PM 11:30 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:29 AM 03:30 AM 05:30 AM 07:31 AM 09:31 AM 11:31 AM 01:32 PM 03:32 PM 05:33 PM 07:33 PM 09:33 PM 11:34 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:41 AM 03:42 AM 05:42 AM 07:42 AM 09:43 AM 11:43 AM 01:44 PM 03:44 PM 05:44 PM 07:45 PM 09:45 PM 11:46 PM
General	Introduction to waste segregation & dry and wet bins	English	01:46 AM 03:47 AM 05:47 AM 07:47 AM 09:48 AM 11:48 AM 01:49 PM 03:49 PM 05:49 PM 07:50 PM 09:50 PM 11:51 PM
शनिवार, 03 जनवरी 2026 Saturday, 03 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:02 AM 04:03 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM



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General	आज़ादी की अमृत कहानियाँ (अंशु जमसेपा- पर्वत)	Hindi	12:04 AM 02:05 AM 04:06 AM 06:07 AM 08:08 AM 10:09 AM 12:09 PM 02:10 PM 04:11 PM 06:12 PM 08:13 PM 10:14 PM
English	Crying	English/ hindi	12:06 AM 02:07 AM 04:08 AM 06:09 AM 08:10 AM 10:11 AM 12:12 PM 02:13 PM 04:14 PM 06:15 PM 08:15 PM 10:16 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:16 AM 02:17 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:22 PM 02:23 PM 04:24 PM 06:24 PM 08:25 PM 10:26 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:20 AM 02:20 AM 04:21 AM 06:22 AM 08:23 AM 10:24 AM 12:25 PM 02:26 PM 04:27 PM 06:28 PM 08:29 PM 10:30 PM
General	आज़ादी की अमृत कहानियाँ (हर्षिणी कान्हेकर - अग्नि)	Hindi	12:25 AM 02:26 AM 04:27 AM 06:28 AM 08:29 AM 10:30 AM 12:31 PM 02:32 PM 04:32 PM 06:33 PM 08:34 PM 10:35 PM
General	इनोवेटिव टीचर	Hindi	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:33 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:38 PM
General	हिंदी शब्दकोष	Hindi	12:43 AM 02:44 AM 04:45 AM 06:46 AM 08:47 AM 10:47 AM 12:48 PM 02:49 PM 04:50 PM 06:51 PM 08:52 PM 10:53 PM
General	Introduction to waste segregation & dry and wet bins	English	01:00 AM 03:01 AM 05:02 AM 07:03 AM 09:04 AM 11:05 AM 01:06 PM 03:07 PM 05:08 PM 07:08 PM 09:09 PM 11:10 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:14 AM 03:15 AM 05:16 AM 07:17 AM 09:18 AM 11:18 AM 01:19 PM 03:20 PM 05:21 PM 07:22 PM 09:23 PM 11:24 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:26 AM 03:27 AM 05:28 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
Cold Wave	Cold Wave - Preparation	Hindi	01:32 AM 03:33 AM 05:34 AM 07:35 AM 09:36 AM 11:36 AM 01:37 PM 03:38 PM 05:39 PM 07:40 PM 09:41 PM 11:42 PM
General	Promotion of Healthy Lifestyle	English	01:33 AM 03:34 AM 05:35 AM 07:36 AM 09:37 AM 11:38 AM 01:39 PM 03:40 PM 05:40 PM 07:41 PM 09:42 PM 11:43 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:39 AM 03:40 AM 05:41 AM 07:42 AM 09:43 AM 11:44 AM 01:45 PM 03:45 PM 05:46 PM 07:47 PM 09:48 PM 11:49 PM



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Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:40 AM 03:41 AM 05:42 AM 07:43 AM 09:44 AM 11:45 AM 01:46 PM 03:46 PM 05:47 PM 07:48 PM 09:49 PM 11:50 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:41 AM 03:42 AM 05:43 AM 07:44 AM 09:45 AM 11:46 AM 01:46 PM 03:47 PM 05:48 PM 07:49 PM 09:50 PM 11:51 PM
General	पारस्परिक संबंध	Hindi	01:53 AM 03:54 AM 05:55 AM 07:56 AM 09:56 AM 11:57 AM 01:58 PM 03:59 PM 06:00 PM 08:01 PM 10:02 PM
General	आजादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)	Hindi	01:58 AM 03:59 AM 06:00 AM 08:01 AM 10:02 AM 12:03 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:07 PM
रविवार, 04 जनवरी 2026 Sunday, 04 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:03 PM
General	इनोवेटिव टीचर	Hindi	12:01 AM 02:01 AM 04:01 AM 06:02 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General	हिंदी शब्दकोष	Hindi	12:16 AM 02:17 AM 04:17 AM 06:17 AM 08:17 AM 10:18 AM 12:18 PM 02:18 PM 04:19 PM 06:19 PM 08:19 PM 10:20 PM
General	Introduction to waste segregation & dry and wet bins	English	12:33 AM 02:34 AM 04:34 AM 06:34 AM 08:35 AM 10:35 AM 12:35 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:37 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:47 AM 02:47 AM 04:48 AM 06:48 AM 08:48 AM 10:49 AM 12:49 PM 02:49 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
Cold Wave	Cold Wave - Chilblains	Hindi	12:52 AM 02:52 AM 04:53 AM 06:53 AM 08:53 AM 10:54 AM 12:54 PM 02:54 PM 04:55 PM 06:55 PM 08:55 PM 10:55 PM
General	पारस्परिक संबंध	Hindi	12:53 AM 02:53 AM 04:54 AM 06:54 AM 08:54 AM 10:55 AM 12:55 PM 02:55 PM 04:56 PM 06:56 PM 08:56 PM 10:56 PM



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General	Value and responsible Citizenship	English	12:58 AM 02:59 AM 04:59 AM 06:59 AM 09:00 AM 11:00 AM 01:00 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:02 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:03 AM 03:04 AM 05:04 AM 07:04 AM 09:05 AM 11:05 AM 01:05 PM 03:06 PM 05:06 PM 07:06 PM 09:06 PM 11:07 PM
General	Gender Equality	English	01:09 AM 03:09 AM 05:10 AM 07:10 AM 09:10 AM 11:11 AM 01:11 PM 03:11 PM 05:11 PM 07:12 PM 09:12 PM 11:12 PM
General	जेंडर समानता	Hindi	01:16 AM 03:16 AM 05:17 AM 07:17 AM 09:17 AM 11:18 AM 01:18 PM 03:18 PM 05:19 PM 07:19 PM 09:19 PM 11:19 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:24 AM 03:24 AM 05:24 AM 07:24 AM 09:25 AM 11:25 AM 01:25 PM 03:26 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM
General	Prevention and Management of Substance Misuse	English	01:30 AM 03:30 AM 05:31 AM 07:31 AM 09:31 AM 11:32 AM 01:32 PM 03:32 PM 05:33 PM 07:33 PM 09:33 PM 11:33 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:35 AM 03:36 AM 05:36 AM 07:36 AM 09:37 AM 11:37 AM 01:37 PM 03:38 PM 05:38 PM 07:38 PM 09:38 PM 11:39 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:41 AM 03:42 AM 05:42 AM 07:42 AM 09:43 AM 11:43 AM 01:43 PM 03:44 PM 05:44 PM 07:44 PM 09:44 PM 11:45 PM
General	Safety and Security against Violence and Injuries	English	01:47 AM 03:47 AM 05:48 AM 07:48 AM 09:48 AM 11:49 AM 01:49 PM 03:49 PM 05:50 PM 07:50 PM 09:50 PM 11:50 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:53 AM 03:53 AM 05:53 AM 07:54 AM 09:54 AM 11:54 AM 01:55 PM 03:55 PM 05:55 PM 07:56 PM 09:56 PM 11:56 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:54 AM 03:54 AM 05:54 AM 07:55 AM 09:55 AM 11:55 AM 01:55 PM 03:56 PM 05:56 PM 07:56 PM 09:57 PM 11:57 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:55 AM 03:55 AM 05:55 AM 07:56 AM 09:56 AM 11:56 AM 01:56 PM 03:57 PM 05:57 PM 07:57 PM 09:58 PM 11:58 PM



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Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:56 AM 03:56 AM 05:56 AM 07:57 AM 09:57 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:58 PM 09:59 PM 11:59 PM
सामान्य	Healthy Lifestyle Adopted	हिंदी	01:56 AM 03:57 AM 05:57 AM 07:57 AM 09:58 AM 11:58 AM 01:58 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM
General	02 July 2021 Today's & Tomorrow's Programmes	English/ hindi	01:57 AM 03:57 AM 05:58 AM 07:58 AM 09:58 AM 11:58 AM 01:59 PM 03:59 PM 05:59 PM 08:00 PM 10:00 PM
General	Bhujagasana	English	01:57 AM 03:58 AM 05:58 AM 07:58 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 06:00 PM 08:00 PM 10:00 PM
सोमवार, 05 जनवरी 2026 Monday, 05 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:01 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:05 PM 04:06 PM 06:06 PM 08:07 PM 10:08 PM
General	जेंडर समानता	Hindi	12:01 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:04 AM 12:05 PM 02:06 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
General	Introduction to plasto, our hero and marine pollution	English	12:08 AM 02:09 AM 04:10 AM 06:10 AM 08:11 AM 10:12 AM 12:12 PM 02:13 PM 04:14 PM 06:15 PM 08:15 PM 10:16 PM
General	Growing up Healthy	English	12:15 AM 02:16 AM 04:17 AM 06:18 AM 08:18 AM 10:19 AM 12:20 PM 02:20 PM 04:21 PM 06:22 PM 08:23 PM 10:23 PM
General	स्वस्थ बढ़ना	Hindi	12:20 AM 02:20 AM 04:21 AM 06:22 AM 08:23 AM 10:23 AM 12:24 PM 02:25 PM 04:25 PM 06:26 PM 08:27 PM 10:28 PM
General	Emotional well being and mental health	English	12:24 AM 02:25 AM 04:25 AM 06:26 AM 08:27 AM 10:28 AM 12:28 PM 02:29 PM 04:30 PM 06:30 PM 08:31 PM 10:32 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:29 AM 02:30 AM 04:30 AM 06:31 AM 08:32 AM 10:33 AM 12:33 PM 02:34 PM 04:35 PM 06:35 PM 08:36 PM 10:37 PM



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General	Interpersonal Relationships	English	12:34 AM 02:35 AM 04:35 AM 06:36 AM 08:37 AM 10:37 AM 12:38 PM 02:39 PM 04:40 PM 06:40 PM 08:41 PM 10:42 PM
General	पारस्परिक संबंध	Hindi	12:39 AM 02:39 AM 04:40 AM 06:41 AM 08:41 AM 10:42 AM 12:43 PM 02:44 PM 04:44 PM 06:45 PM 08:46 PM 10:46 PM
General	Value and responsible Citizenship	English	12:44 AM 02:45 AM 04:45 AM 06:46 AM 08:47 AM 10:47 AM 12:48 PM 02:49 PM 04:50 PM 06:50 PM 08:51 PM 10:52 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:49 AM 02:50 AM 04:50 AM 06:51 AM 08:52 AM 10:52 AM 12:53 PM 02:54 PM 04:55 PM 06:55 PM 08:56 PM 10:57 PM
General	Gender Equality	English	12:54 AM 02:55 AM 04:56 AM 06:57 AM 08:57 AM 10:58 AM 12:59 PM 02:59 PM 05:00 PM 07:01 PM 09:02 PM 11:02 PM
General	जेंडर समानता	Hindi	01:02 AM 03:02 AM 05:03 AM 07:04 AM 09:04 AM 11:05 AM 01:06 PM 03:07 PM 05:07 PM 07:08 PM 09:09 PM 11:09 PM
General	Nutrition_Health and Sanitation	English	01:09 AM 03:10 AM 05:10 AM 07:11 AM 09:12 AM 11:13 AM 01:13 PM 03:14 PM 05:15 PM 07:15 PM 09:16 PM 11:17 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:15 AM 03:16 AM 05:17 AM 07:17 AM 09:18 AM 11:19 AM 01:20 PM 03:20 PM 05:21 PM 07:22 PM 09:22 PM 11:23 PM
General	Prevention and Management of Substance Misuse	English	01:22 AM 03:23 AM 05:23 AM 07:24 AM 09:25 AM 11:26 AM 01:26 PM 03:27 PM 05:28 PM 07:28 PM 09:29 PM 11:30 PM
General	उपभोक्ता संरक्षण	Hindi	01:27 AM 03:28 AM 05:29 AM 07:29 AM 09:30 AM 11:31 AM 01:32 PM 03:32 PM 05:33 PM 07:34 PM 09:34 PM 11:35 PM
Cold Wave	Cold Wave - Chilblains	Hindi	01:32 AM 03:33 AM 05:34 AM 07:34 AM 09:35 AM 11:36 AM 01:37 PM 03:37 PM 05:38 PM 07:39 PM 09:39 PM 11:40 PM
Cold Wave	Cold Wave - Preparation	Hindi	01:33 AM 03:34 AM 05:35 AM 07:35 AM 09:36 AM 11:37 AM 01:38 PM 03:38 PM 05:39 PM 07:40 PM 09:40 PM 11:41 PM
General	पवनमुक्तासन	Hindi	01:35 AM 03:35 AM 05:36 AM 07:37 AM 09:37 AM 11:38 AM 01:39 PM 03:40 PM 05:40 PM 07:41 PM 09:42 PM 11:42 PM



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General	Energy Saving	English	01:38 AM 03:38 AM 05:39 AM 07:40 AM 09:40 AM 11:41 AM 01:42 PM 03:43 PM 05:43 PM 07:44 PM 09:45 PM 11:45 PM
General	Foundational Literacy & Numeracy (FLN)	English	01:39 AM 03:40 AM 05:41 AM 07:41 AM 09:42 AM 11:43 AM 01:43 PM 03:44 PM 05:45 PM 07:46 PM 09:46 PM 11:47 PM
General	हिंदी शब्दकोष	Hindi	01:43 AM 03:44 AM 05:44 AM 07:45 AM 09:46 AM 11:47 AM 01:47 PM 03:48 PM 05:49 PM 07:49 PM 09:50 PM 11:51 PM
मंगलवार, 06 जनवरी 2026 Tuesday, 06 January 2026			
General	Montage	English	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:06 AM 12:07 PM 02:08 PM 04:09 PM 06:10 PM 08:11 PM 10:12 PM
General	Real life situations- garbage burning and what to do	English	12:04 AM 02:05 AM 04:06 AM 06:07 AM 08:08 AM 10:09 AM 12:10 PM 02:11 PM 04:12 PM 06:13 PM 08:14 PM 10:15 PM
General	Digital Footprints	English	12:28 AM 02:29 AM 04:30 AM 06:31 AM 08:32 AM 10:33 AM 12:34 PM 02:35 PM 04:36 PM 06:37 PM 08:38 PM 10:39 PM
General	इनोवेटिव टीचर	Hindi	12:29 AM 02:30 AM 04:31 AM 06:32 AM 08:33 AM 10:34 AM 12:35 PM 02:36 PM 04:37 PM 06:38 PM 08:39 PM 10:40 PM
General	हिंदी शब्दकोष	Hindi	12:44 AM 02:45 AM 04:46 AM 06:47 AM 08:48 AM 10:49 AM 12:50 PM 02:51 PM 04:52 PM 06:53 PM 08:54 PM 10:55 PM
General	Introduction to waste segregation & dry and wet bins	English	01:02 AM 03:03 AM 05:04 AM 07:05 AM 09:06 AM 11:07 AM 01:08 PM 03:09 PM 05:10 PM 07:11 PM 09:12 PM 11:13 PM
General	Real life situations- garbage burning and what to do	English	01:15 AM 03:16 AM 05:17 AM 07:18 AM 09:19 AM 11:20 AM 01:21 PM 03:22 PM 05:23 PM 07:24 PM 09:25 PM 11:26 PM



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General	गुरु नानक प्रकाश पर्व	Hindi	01:39 AM 03:40 AM 05:41 AM 07:42 AM 09:43 AM 11:44 AM 01:45 PM 03:46 PM 05:47 PM 07:48 PM 09:49 PM 11:50 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:51 AM 03:52 AM 05:53 AM 07:54 AM 09:55 AM 11:56 AM 01:57 PM 03:58 PM 05:59 PM 08:00 PM 10:01 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:52 AM 03:53 AM 05:54 AM 07:55 AM 09:56 AM 11:57 AM 01:58 PM 03:59 PM 06:00 PM 08:01 PM 10:02 PM
General	जेंडर समानता	Hindi	01:53 AM 03:54 AM 05:55 AM 07:56 AM 09:57 AM 11:58 AM 01:59 PM 04:00 PM 06:01 PM 08:02 PM 10:03 PM
बुधवार, 07 जनवरी 2026 Wednesday, 07 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:06 PM 10:06 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:01 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:07 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:02 AM 06:03 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:06 PM 06:06 PM 08:07 PM 10:07 PM
General	Introduction to plasto, our hero and marine pollution	English	12:04 AM 02:05 AM 04:05 AM 06:06 AM 08:06 AM 10:07 AM 12:08 PM 02:08 PM 04:09 PM 06:09 PM 08:10 PM 10:11 PM
General	इनोवेटिव टीचर	Hindi	12:11 AM 02:12 AM 04:12 AM 06:13 AM 08:14 AM 10:14 AM 12:15 PM 02:15 PM 04:16 PM 06:17 PM 08:17 PM 10:18 PM
General	Introduction to waste segregation & dry and wet bins	English	12:27 AM 02:27 AM 04:28 AM 06:29 AM 08:29 AM 10:30 AM 12:30 PM 02:31 PM 04:32 PM 06:32 PM 08:33 PM 10:33 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:40 AM 02:41 AM 04:42 AM 06:42 AM 08:43 AM 10:43 AM 12:44 PM 02:45 PM 04:45 PM 06:46 PM 08:46 PM 10:47 PM
General	Growing up Healthy	English	12:44 AM 02:44 AM 04:45 AM 06:46 AM 08:46 AM 10:47 AM 12:47 PM 02:48 PM 04:49 PM 06:49 PM 08:50 PM 10:50 PM



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General	स्वस्थ बढ़ना	Hindi	12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:50 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:53 PM 08:54 PM 10:55 PM
General	Emotional well being and mental health	English	12:52 AM 02:53 AM 04:54 AM 06:54 AM 08:55 AM 10:55 AM 12:56 PM 02:57 PM 04:57 PM 06:58 PM 08:58 PM 10:59 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	12:57 AM 02:58 AM 04:58 AM 06:59 AM 09:00 AM 11:00 AM 01:01 PM 03:01 PM 05:02 PM 07:03 PM 09:03 PM 11:04 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:58 AM 02:59 AM 04:59 AM 07:00 AM 09:01 AM 11:01 AM 01:02 PM 03:02 PM 05:03 PM 07:04 PM 09:04 PM 11:05 PM
General	Interpersonal Relationships	English	01:03 AM 03:04 AM 05:04 AM 07:05 AM 09:06 AM 11:06 AM 01:07 PM 03:07 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM
General	पारस्परिक संबंध	Hindi	01:08 AM 03:08 AM 05:09 AM 07:10 AM 09:10 AM 11:11 AM 01:11 PM 03:12 PM 05:13 PM 07:13 PM 09:14 PM 11:14 PM
General	Value and responsible Citizenship	English	01:13 AM 03:14 AM 05:14 AM 07:15 AM 09:16 AM 11:16 AM 01:17 PM 03:17 PM 05:18 PM 07:19 PM 09:19 PM 11:20 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:18 AM 03:19 AM 05:19 AM 07:20 AM 09:21 AM 11:21 AM 01:22 PM 03:22 PM 05:23 PM 07:24 PM 09:24 PM 11:25 PM
General	Real life situations- garbage burning and what to do	English	01:24 AM 03:25 AM 05:25 AM 07:26 AM 09:27 AM 11:27 AM 01:28 PM 03:28 PM 05:29 PM 07:30 PM 09:30 PM 11:31 PM
English	My Shadow	English/ hindi	01:48 AM 03:49 AM 05:49 AM 07:50 AM 09:51 AM 11:51 AM 01:52 PM 03:52 PM 05:53 PM 07:54 PM 09:54 PM 11:55 PM
बृहस्पतिवार, 08 जनवरी 2026 Thursday, 08 January 2026			
General	Montage	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:58 AM 11:58 AM 01:58 PM 03:58 PM 05:58 PM 07:57 PM 09:57 PM 11:57 PM



DD Free Dish Channel #27



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Dish TV Channel #2026

General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:00 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:57 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:58 PM 11:58 PM
General	इनोवेटिव टीचर	Hindi	12:04 AM 02:04 AM 04:04 AM 06:03 AM 08:03 AM 10:03 AM 12:03 PM 02:02 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General	Nutrition_Health and Sanitation	English	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:19 AM 10:18 AM 12:18 PM 02:18 PM 04:18 PM 06:17 PM 08:17 PM 10:17 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:26 AM 02:26 AM 04:25 AM 06:25 AM 08:25 AM 10:25 AM 12:24 PM 02:24 PM 04:24 PM 06:24 PM 08:24 PM 10:23 PM
General	Prevention and Management of Substance Misuse	English	12:32 AM 02:32 AM 04:32 AM 06:32 AM 08:32 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:30 PM 08:30 PM 10:30 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:38 AM 02:37 AM 04:37 AM 06:37 AM 08:37 AM 10:37 AM 12:36 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:35 PM
General	Promotion of Healthy Lifestyle	English	12:44 AM 02:43 AM 04:43 AM 06:43 AM 08:43 AM 10:43 AM 12:42 PM 02:42 PM 04:42 PM 06:42 PM 08:41 PM 10:41 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:50 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:48 AM 12:48 PM 02:48 PM 04:48 PM 06:48 PM 08:47 PM 10:47 PM
General	Reproductive Health and HIV Prevention	English	12:56 AM 02:55 AM 04:55 AM 06:55 AM 08:55 AM 10:55 AM 12:54 PM 02:54 PM 04:54 PM 06:54 PM 08:54 PM 10:53 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:00 AM 11:00 AM 01:00 PM 03:00 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
General	Safety and Security against Violence and Injuries	English	01:07 AM 03:07 AM 05:07 AM 07:06 AM 09:06 AM 11:06 AM 01:06 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM



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General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:13 AM 03:12 AM 05:12 AM 07:12 AM 09:12 AM 11:12 AM 01:11 PM 03:11 PM 05:11 PM 07:11 PM 09:10 PM 11:10 PM
General	Safe Use of Internet_Gadgets and Media	English	01:18 AM 03:18 AM 05:18 AM 07:18 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:16 PM 09:16 PM 11:16 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:24 AM 03:24 AM 05:24 AM 07:24 AM 09:23 AM 11:23 AM 01:23 PM 03:23 PM 05:23 PM 07:22 PM 09:22 PM 11:22 PM
General	Azadi ki Amrit Kahaniyan (Harshini Kanhekar- Agni)	English	01:30 AM 03:30 AM 05:30 AM 07:30 AM 09:30 AM 11:29 AM 01:29 PM 03:29 PM 05:29 PM 07:28 PM 09:28 PM 11:28 PM
General	Introduction to waste segregation & dry and wet bins	English	01:33 AM 03:32 AM 05:32 AM 07:32 AM 09:32 AM 11:32 AM 01:31 PM 03:31 PM 05:31 PM 07:31 PM 09:31 PM 11:30 PM
Cold Wave	Cold Wave - Chilblains	Hindi	01:46 AM 03:46 AM 05:46 AM 07:46 AM 09:46 AM 11:45 AM 01:45 PM 03:45 PM 05:45 PM 07:44 PM 09:44 PM 11:44 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:47 AM 03:47 AM 05:47 AM 07:47 AM 09:47 AM 11:46 AM 01:46 PM 03:46 PM 05:46 PM 07:45 PM 09:45 PM 11:45 PM
शुक्रवार, 09 जनवरी 2026 Friday, 09 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:06 PM
General	Introduction to plasto, our hero and marine pollution	English	12:01 AM 02:01 AM 04:02 AM 06:02 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM
General	Introduction to waste segregation & dry and wet bins	English	12:08 AM 02:09 AM 04:09 AM 06:10 AM 08:10 AM 10:11 AM 12:12 PM 02:12 PM 04:13 PM 06:13 PM 08:14 PM 10:15 PM
General	इनोवेटिव टीचर	Hindi	12:22 AM 02:22 AM 04:23 AM 06:24 AM 08:24 AM 10:25 AM 12:25 PM 02:26 PM 04:26 PM 06:27 PM 08:28 PM 10:28 PM



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General	सरदार वल्लभ भाई पटेल	Hindi	12:37 AM 02:38 AM 04:38 AM 06:39 AM 08:40 AM 10:40 AM 12:41 PM 02:41 PM 04:42 PM 06:42 PM 08:43 PM 10:44 PM
General	Growing up Healthy	English	12:41 AM 02:41 AM 04:42 AM 06:42 AM 08:43 AM 10:44 AM 12:44 PM 02:45 PM 04:45 PM 06:46 PM 08:46 PM 10:47 PM
General	स्वस्थ बढ़ना	Hindi	12:45 AM 02:45 AM 04:46 AM 06:47 AM 08:47 AM 10:48 AM 12:48 PM 02:49 PM 04:49 PM 06:50 PM 08:51 PM 10:51 PM
General	Emotional well being and mental health	English	12:49 AM 02:50 AM 04:50 AM 06:51 AM 08:51 AM 10:52 AM 12:53 PM 02:53 PM 04:54 PM 06:54 PM 08:55 PM 10:56 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:54 AM 02:55 AM 04:55 AM 06:56 AM 08:56 AM 10:57 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
General	Interpersonal Relationships	English	12:59 AM 03:00 AM 05:00 AM 07:01 AM 09:01 AM 11:02 AM 01:03 PM 03:03 PM 05:04 PM 07:04 PM 09:05 PM 11:05 PM
General	पारस्परिक संबंध	Hindi	01:04 AM 03:04 AM 05:05 AM 07:05 AM 09:06 AM 11:07 AM 01:07 PM 03:08 PM 05:08 PM 07:09 PM 09:10 PM 11:10 PM
General	Value and responsible Citizenship	English	01:09 AM 03:10 AM 05:10 AM 07:11 AM 09:11 AM 11:12 AM 01:13 PM 03:13 PM 05:14 PM 07:14 PM 09:15 PM 11:15 PM
General	Introduction to plastic, our hero and marine pollution	English	01:14 AM 03:15 AM 05:15 AM 07:16 AM 09:16 AM 11:17 AM 01:18 PM 03:18 PM 05:19 PM 07:19 PM 09:20 PM 11:20 PM
General	Gender Equality	English	01:21 AM 03:22 AM 05:23 AM 07:23 AM 09:24 AM 11:24 AM 01:25 PM 03:25 PM 05:26 PM 07:27 PM 09:27 PM 11:28 PM
General	जेंडर समानता	Hindi	01:29 AM 03:29 AM 05:30 AM 07:30 AM 09:31 AM 11:31 AM 01:32 PM 03:33 PM 05:33 PM 07:34 PM 09:34 PM 11:35 PM
General	Nutrition_Health and Sanitation	English	01:36 AM 03:36 AM 05:37 AM 07:38 AM 09:38 AM 11:39 AM 01:39 PM 03:40 PM 05:41 PM 07:41 PM 09:42 PM 11:42 PM
General	Prevention and Management of Substance Misuse	English	01:42 AM 03:43 AM 05:43 AM 07:44 AM 09:45 AM 11:45 AM 01:46 PM 03:46 PM 05:47 PM 07:47 PM 09:48 PM 11:49 PM



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Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:48 AM 03:48 AM 05:49 AM 07:49 AM 09:50 AM 11:50 AM 01:51 PM 03:52 PM 05:52 PM 07:53 PM 09:53 PM 11:54 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:48 AM 03:49 AM 05:50 AM 07:50 AM 09:51 AM 11:51 AM 01:52 PM 03:53 PM 05:53 PM 07:54 PM 09:54 PM 11:55 PM
General	नाड़ीशोधन प्राणायाम	Hindi	01:49 AM 03:50 AM 05:50 AM 07:51 AM 09:52 AM 11:52 AM 01:53 PM 03:53 PM 05:54 PM 07:55 PM 09:55 PM 11:56 PM
General	जेंडर समानता	Hindi	01:53 AM 03:53 AM 05:54 AM 07:54 AM 09:55 AM 11:56 AM 01:56 PM 03:57 PM 05:57 PM 07:58 PM 09:59 PM 11:59 PM
शनिवार, 10 जनवरी 2026 Saturday, 10 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:06 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:01 AM 02:01 AM 04:02 AM 06:02 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	12:02 AM 02:02 AM 04:03 AM 06:04 AM 08:04 AM 10:05 AM 12:05 PM 02:06 PM 04:06 PM 06:07 PM 08:08 PM 10:08 PM
General	Surya Namaskar	English	12:03 AM 02:03 AM 04:04 AM 06:04 AM 08:05 AM 10:06 AM 12:06 PM 02:07 PM 04:07 PM 06:08 PM 08:09 PM 10:09 PM
General	Introduction to waste segregation & dry and wet bins	English	12:09 AM 02:10 AM 04:11 AM 06:11 AM 08:12 AM 10:12 AM 12:13 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:16 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:23 AM 02:24 AM 04:24 AM 06:25 AM 08:25 AM 10:26 AM 12:27 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:30 PM
General	Dhyana	English	12:29 AM 02:30 AM 04:30 AM 06:31 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:34 PM 06:35 PM 08:35 PM 10:36 PM



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Dish TV Channel #2026

General	इनोवेटिव टीचर	Hindi	12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:36 AM 10:36 AM 12:37 PM 02:37 PM 04:38 PM 06:39 PM 08:39 PM 10:40 PM
General	Real life situations- garbage burning and what to do	English	12:49 AM 02:49 AM 04:50 AM 06:51 AM 08:51 AM 10:52 AM 12:52 PM 02:53 PM 04:53 PM 06:54 PM 08:55 PM 10:55 PM
General	Introduction to waste segregation & dry and wet bins	English	01:13 AM 03:13 AM 05:14 AM 07:15 AM 09:15 AM 11:16 AM 01:16 PM 03:17 PM 05:17 PM 07:18 PM 09:19 PM 11:19 PM
General	जेंडर समानता	Hindi	01:26 AM 03:27 AM 05:28 AM 07:28 AM 09:29 AM 11:29 AM 01:30 PM 03:31 PM 05:31 PM 07:32 PM 09:32 PM 11:33 PM
General	Safety and Security against Violence and Injuries	English	01:34 AM 03:34 AM 05:35 AM 07:36 AM 09:36 AM 11:37 AM 01:37 PM 03:38 PM 05:38 PM 07:39 PM 09:40 PM 11:40 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:39 AM 03:40 AM 05:41 AM 07:41 AM 09:42 AM 11:42 AM 01:43 PM 03:44 PM 05:44 PM 07:45 PM 09:45 PM 11:46 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:44 AM 03:45 AM 05:46 AM 07:46 AM 09:47 AM 11:47 AM 01:48 PM 03:49 PM 05:49 PM 07:50 PM 09:50 PM 11:51 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:45 AM 03:46 AM 05:47 AM 07:47 AM 09:48 AM 11:48 AM 01:49 PM 03:50 PM 05:50 PM 07:51 PM 09:51 PM 11:52 PM
General	Introduction to waste segregation & dry and wet bins	English	01:46 AM 03:47 AM 05:48 AM 07:48 AM 09:49 AM 11:49 AM 01:50 PM 03:51 PM 05:51 PM 07:52 PM 09:52 PM 11:53 PM
रविवार, 11 जनवरी 2026 Sunday, 11 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 02:01 AM 04:02 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:08 PM 10:09 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:01 AM 02:02 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:08 PM 08:09 PM 10:10 PM



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Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:02 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:06 AM 12:07 PM 02:08 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
General	उपभोक्ता संरक्षण	Hindi	12:02 AM 02:03 AM 04:04 AM 06:05 AM 08:06 AM 10:07 AM 12:08 PM 02:08 PM 04:09 PM 06:10 PM 08:11 PM 10:12 PM
General	इनोवेटिव टीचर	Hindi	12:07 AM 02:08 AM 04:09 AM 06:10 AM 08:11 AM 10:12 AM 12:13 PM 02:13 PM 04:14 PM 06:15 PM 08:16 PM 10:17 PM
General	हिंदी शब्दकोष	Hindi	12:23 AM 02:24 AM 04:25 AM 06:25 AM 08:26 AM 10:27 AM 12:28 PM 02:29 PM 04:30 PM 06:31 PM 08:31 PM 10:32 PM
General	Prevention and Management of Substance Misuse	English	12:40 AM 02:41 AM 04:42 AM 06:43 AM 08:44 AM 10:44 AM 12:45 PM 02:46 PM 04:47 PM 06:48 PM 08:49 PM 10:50 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:45 AM 02:46 AM 04:47 AM 06:48 AM 08:49 AM 10:50 AM 12:51 PM 02:51 PM 04:52 PM 06:53 PM 08:54 PM 10:55 PM
General	Introduction to waste segregation & dry and wet bins	English	12:51 AM 02:52 AM 04:53 AM 06:54 AM 08:55 AM 10:56 AM 12:56 PM 02:57 PM 04:58 PM 06:59 PM 09:00 PM 11:01 PM
General	Real life situations- garbage burning and what to do	English	01:05 AM 03:06 AM 05:07 AM 07:08 AM 09:08 AM 11:09 AM 01:10 PM 03:11 PM 05:12 PM 07:13 PM 09:14 PM 11:14 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:29 AM 03:30 AM 05:31 AM 07:32 AM 09:32 AM 11:33 AM 01:34 PM 03:35 PM 05:36 PM 07:37 PM 09:38 PM 11:38 PM
General	Gender Equality	English	01:41 AM 03:42 AM 05:43 AM 07:43 AM 09:44 AM 11:45 AM 01:46 PM 03:47 PM 05:48 PM 07:49 PM 09:49 PM 11:50 PM
General	Nutrition_Health and Sanitation	English	01:48 AM 03:49 AM 05:50 AM 07:51 AM 09:51 AM 11:52 AM 01:53 PM 03:54 PM 05:55 PM 07:56 PM 09:57 PM 11:57 PM



General	Promotion of Healthy Lifestyle	English	01:54 AM 03:55 AM 05:56 AM 07:57 AM 09:58 AM 11:59 AM 02:00 PM 04:00 PM 06:01 PM 08:02 PM 10:03 PM
सोमवार, 12 जनवरी 2026 Monday, 12 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:07 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:01 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:02 AM 06:03 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:07 PM 10:08 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:04 AM 02:05 AM 04:05 AM 06:06 AM 08:07 AM 10:07 AM 12:08 PM 02:08 PM 04:09 PM 06:10 PM 08:10 PM 10:11 PM
General	Gender Equality	English	12:09 AM 02:10 AM 04:11 AM 06:11 AM 08:12 AM 10:13 AM 12:13 PM 02:14 PM 04:15 PM 06:15 PM 08:16 PM 10:17 PM
General	जेंडर समानता	Hindi	12:17 AM 02:17 AM 04:18 AM 06:19 AM 08:19 AM 10:20 AM 12:21 PM 02:21 PM 04:22 PM 06:22 PM 08:23 PM 10:24 PM
General	Nutrition_Health and Sanitation	English	12:24 AM 02:25 AM 04:25 AM 06:26 AM 08:27 AM 10:27 AM 12:28 PM 02:29 PM 04:29 PM 06:30 PM 08:31 PM 10:31 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:30 AM 02:31 AM 04:32 AM 06:32 AM 08:33 AM 10:34 AM 12:34 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:38 PM
General	Prevention and Management of Substance Misuse	English	12:37 AM 02:38 AM 04:38 AM 06:39 AM 08:40 AM 10:40 AM 12:41 PM 02:42 PM 04:42 PM 06:43 PM 08:44 PM 10:44 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:42 AM 02:43 AM 04:44 AM 06:44 AM 08:45 AM 10:46 AM 12:46 PM 02:47 PM 04:48 PM 06:48 PM 08:49 PM 10:49 PM
General	Promotion of Healthy Lifestyle	English	12:48 AM 02:49 AM 04:50 AM 06:50 AM 08:51 AM 10:51 AM 12:52 PM 02:53 PM 04:53 PM 06:54 PM 08:55 PM 10:55 PM



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Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	12:54 AM 02:55 AM 04:55 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:59 PM 04:59 PM 07:00 PM 09:01 PM 11:01 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:55 AM 02:56 AM 04:56 AM 06:57 AM 08:58 AM 10:58 AM 12:59 PM 03:00 PM 05:00 PM 07:01 PM 09:02 PM 11:02 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:56 AM 02:57 AM 04:57 AM 06:58 AM 08:59 AM 10:59 AM 01:00 PM 03:01 PM 05:01 PM 07:02 PM 09:03 PM 11:03 PM
General	Reproductive Health and HIV Prevention	English	01:02 AM 03:03 AM 05:03 AM 07:04 AM 09:05 AM 11:05 AM 01:06 PM 03:07 PM 05:07 PM 07:08 PM 09:09 PM 11:09 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:08 AM 03:08 AM 05:09 AM 07:10 AM 09:10 AM 11:11 AM 01:12 PM 03:12 PM 05:13 PM 07:13 PM 09:14 PM 11:15 PM
General	Safety and Security against Violence and Injuries	English	01:13 AM 03:14 AM 05:15 AM 07:15 AM 09:16 AM 11:17 AM 01:17 PM 03:18 PM 05:19 PM 07:19 PM 09:20 PM 11:21 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:19 AM 03:20 AM 05:20 AM 07:21 AM 09:22 AM 11:22 AM 01:23 PM 03:24 PM 05:24 PM 07:25 PM 09:26 PM 11:26 PM
General	Safe Use of Internet_Gadgets and Media	English	01:25 AM 03:25 AM 05:26 AM 07:27 AM 09:27 AM 11:28 AM 01:29 PM 03:29 PM 05:30 PM 07:31 PM 09:31 PM 11:32 PM
General	हिंदी शब्दकोष	Hindi	01:31 AM 03:31 AM 05:32 AM 07:33 AM 09:33 AM 11:34 AM 01:35 PM 03:35 PM 05:36 PM 07:37 PM 09:37 PM 11:38 PM
General	उपभोक्ता संरक्षण	Hindi	01:48 AM 03:49 AM 05:49 AM 07:50 AM 09:51 AM 11:51 AM 01:52 PM 03:53 PM 05:53 PM 07:54 PM 09:55 PM 11:55 PM
General	Gender Equality	English	01:53 AM 03:54 AM 05:54 AM 07:55 AM 09:56 AM 11:56 AM 01:57 PM 03:58 PM 05:58 PM 07:59 PM 10:00 PM
मंगलवार, 13 जनवरी 2026 Tuesday, 13 January 2026			
General	Montage	English	12:00 AM 01:58 AM 03:57 AM 05:55 AM 07:54 AM 09:52 AM 11:51 AM 01:49 PM 03:48 PM 05:46 PM 07:45 PM 09:43 PM 11:42 PM



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General	Cyberbullying	English	12:00 AM 02:01 AM 04:03 AM 06:05 AM 08:06 AM 10:08 AM 12:10 PM 02:11 PM 04:13 PM 06:15 PM 08:17 PM 10:18 PM
General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 01:58 AM 03:57 AM 05:56 AM 07:54 AM 09:53 AM 11:51 AM 01:50 PM 03:48 PM 05:47 PM 07:45 PM 09:44 PM 11:42 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 01:59 AM 03:58 AM 05:56 AM 07:55 AM 09:53 AM 11:52 AM 01:50 PM 03:49 PM 05:48 PM 07:46 PM 09:45 PM 11:43 PM
General	Real life situations- garbage burning and what to do	English	12:04 AM 02:02 AM 04:01 AM 06:00 AM 07:58 AM 09:57 AM 11:55 AM 01:54 PM 03:52 PM 05:51 PM 07:49 PM 09:48 PM 11:46 PM
General	गुरु नानक प्रकाश पर्व	Hindi	12:28 AM 02:26 AM 04:25 AM 06:24 AM 08:22 AM 10:21 AM 12:19 PM 02:18 PM 04:16 PM 06:15 PM 08:13 PM 10:12 PM
General	हिंदी शब्दकोष	Hindi	12:40 AM 02:38 AM 04:37 AM 06:35 AM 08:34 AM 10:32 AM 12:31 PM 02:30 PM 04:28 PM 06:27 PM 08:25 PM 10:24 PM
General	Emotional well being and mental health	English	01:11 AM 03:09 AM 05:08 AM 07:06 AM 09:05 AM 11:03 AM 01:02 PM 03:00 PM 04:59 PM 06:58 PM 08:56 PM 10:55 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:16 AM 03:14 AM 05:13 AM 07:11 AM 09:10 AM 11:08 AM 01:07 PM 03:05 PM 05:04 PM 07:03 PM 09:01 PM 11:00 PM
General	Interpersonal Relationships	English	01:21 AM 03:19 AM 05:18 AM 07:16 AM 09:15 AM 11:13 AM 01:12 PM 03:10 PM 05:09 PM 07:07 PM 09:06 PM 11:05 PM
Cold Wave	Cold Wave - Preparation	Hindi	01:25 AM 03:24 AM 05:22 AM 07:21 AM 09:19 AM 11:18 AM 01:17 PM 03:15 PM 05:14 PM 07:12 PM 09:11 PM 11:09 PM



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General	Value and responsible Citizenship	English	01:27 AM 03:25 AM 05:24 AM 07:22 AM 09:21 AM 11:19 AM 01:18 PM 03:16 PM 05:15 PM 07:13 PM 09:12 PM 11:11 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:32 AM 03:30 AM 05:29 AM 07:27 AM 09:26 AM 11:24 AM 01:23 PM 03:21 PM 05:20 PM 07:18 PM 09:17 PM 11:15 PM
General	Gender Equality	English	01:37 AM 03:36 AM 05:34 AM 07:33 AM 09:31 AM 11:30 AM 01:28 PM 03:27 PM 05:25 PM 07:24 PM 09:23 PM 11:21 PM
General	जेंडर समानता	Hindi	01:44 AM 03:43 AM 05:41 AM 07:40 AM 09:38 AM 11:37 AM 01:36 PM 03:34 PM 05:33 PM 07:31 PM 09:30 PM 11:28 PM
General	Nutrition_Health and Sanitation	English	01:52 AM 03:50 AM 05:49 AM 07:47 AM 09:46 AM 11:44 AM 01:43 PM 03:41 PM 05:40 PM 07:38 PM 09:37 PM 11:36 PM
बुधवार, 14 जनवरी 2026 Wednesday, 14 January 2026			
General	Montage	English	12:01 AM 02:02 AM 04:04 AM 06:06 AM 08:07 AM 10:09 AM 12:11 PM 02:13 PM 04:14 PM 06:16 PM 08:18 PM 10:19 PM
General	Class 5 Channel Detail & Time Table	English/hindi	12:01 AM 02:03 AM 04:04 AM 06:06 AM 08:08 AM 10:10 AM 12:11 PM 02:13 PM 04:15 PM 06:16 PM 08:18 PM 10:20 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:02 AM 02:04 AM 04:05 AM 06:07 AM 08:09 AM 10:10 AM 12:12 PM 02:14 PM 04:16 PM 06:17 PM 08:19 PM 10:21 PM
General	हिंदी शब्दकोष	Hindi	12:05 AM 02:07 AM 04:09 AM 06:10 AM 08:12 AM 10:14 AM 12:15 PM 02:17 PM 04:19 PM 06:20 PM 08:22 PM 10:24 PM
General	इनोवेटिव टीचर	Hindi	12:22 AM 02:24 AM 04:26 AM 06:27 AM 08:29 AM 10:31 AM 12:33 PM 02:34 PM 04:36 PM 06:38 PM 08:39 PM 10:41 PM
General	Introduction to waste segregation & dry and wet bins	English	12:38 AM 02:40 AM 04:41 AM 06:43 AM 08:45 AM 10:46 AM 12:48 PM 02:50 PM 04:51 PM 06:53 PM 08:55 PM 10:57 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:52 AM 02:53 AM 04:55 AM 06:57 AM 08:58 AM 11:00 AM 01:02 PM 03:03 PM 05:05 PM 07:07 PM 09:09 PM 11:10 PM



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General	Introduction to waste segregation & dry and wet bins	English	12:57 AM 02:56 AM 04:54 AM 06:53 AM 08:51 AM 10:50 AM 12:48 PM 02:47 PM 04:45 PM 06:44 PM 08:42 PM 10:41 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:58 AM 02:59 AM 05:01 AM 07:03 AM 09:04 AM 11:06 AM 01:08 PM 03:10 PM 05:11 PM 07:13 PM 09:15 PM 11:16 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:04 AM 03:05 AM 05:07 AM 07:09 AM 09:11 AM 11:12 AM 01:14 PM 03:16 PM 05:17 PM 07:19 PM 09:21 PM 11:22 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:16 AM 03:17 AM 05:19 AM 07:21 AM 09:22 AM 11:24 AM 01:26 PM 03:28 PM 05:29 PM 07:31 PM 09:33 PM 11:34 PM
General	Real life situations- garbage burning and what to do	English	01:16 AM 03:18 AM 05:20 AM 07:22 AM 09:23 AM 11:25 AM 01:27 PM 03:28 PM 05:30 PM 07:32 PM 09:33 PM 11:35 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	01:40 AM 03:42 AM 05:44 AM 07:46 AM 09:47 AM 11:49 AM 01:51 PM 03:52 PM 05:54 PM 07:56 PM 09:57 PM 11:59 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	01:41 AM 03:43 AM 05:45 AM 07:47 AM 09:48 AM 11:50 AM 01:52 PM 03:53 PM 05:55 PM 07:57 PM 09:58 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:42 AM 03:44 AM 05:46 AM 07:47 AM 09:49 AM 11:51 AM 01:53 PM 03:54 PM 05:56 PM 07:58 PM 09:59 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:49 AM 03:50 AM 05:52 AM 07:54 AM 09:55 AM 11:57 AM 01:59 PM 04:00 PM 06:02 PM 08:04 PM 10:06 PM
General	Gender Equality	English	01:54 AM 03:56 AM 05:57 AM 07:59 AM 10:01 AM 12:03 PM 02:04 PM 04:06 PM 06:08 PM 08:09 PM 10:11 PM
बृहस्पतिवार, 15 जनवरी 2026 Thursday, 15 January 2026			
General	Montage	English	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:08 PM 02:10 PM 04:11 PM 06:12 PM 08:14 PM 10:15 PM
General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:07 AM 12:09 PM 02:10 PM 04:11 PM 06:13 PM 08:14 PM 10:16 PM



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General	Gender Equality	English	12:01 AM 02:02 AM 04:04 AM 06:05 AM 08:06 AM 10:08 AM 12:09 PM 02:11 PM 04:12 PM 06:14 PM 08:15 PM 10:17 PM
General	जेंडर समानता	Hindi	12:08 AM 02:09 AM 04:11 AM 06:12 AM 08:14 AM 10:15 AM 12:16 PM 02:18 PM 04:19 PM 06:21 PM 08:22 PM 10:24 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:15 AM 02:17 AM 04:18 AM 06:20 AM 08:21 AM 10:22 AM 12:24 PM 02:25 PM 04:27 PM 06:28 PM 08:30 PM 10:31 PM
General	Nutrition_Health and Sanitation	English	12:21 AM 02:23 AM 04:24 AM 06:26 AM 08:27 AM 10:29 AM 12:30 PM 02:31 PM 04:33 PM 06:34 PM 08:36 PM 10:37 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:28 AM 02:29 AM 04:31 AM 06:32 AM 08:33 AM 10:35 AM 12:36 PM 02:38 PM 04:39 PM 06:41 PM 08:42 PM 10:43 PM
General	Prevention and Management of Substance Misuse	English	12:34 AM 02:36 AM 04:37 AM 06:39 AM 08:40 AM 10:42 AM 12:43 PM 02:44 PM 04:46 PM 06:47 PM 08:49 PM 10:50 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:40 AM 02:41 AM 04:43 AM 06:44 AM 08:45 AM 10:47 AM 12:48 PM 02:50 PM 04:51 PM 06:53 PM 08:54 PM 10:55 PM
General	Promotion of Healthy Lifestyle	English	12:46 AM 02:47 AM 04:48 AM 06:50 AM 08:51 AM 10:53 AM 12:54 PM 02:56 PM 04:57 PM 06:58 PM 09:00 PM 11:01 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:52 AM 02:53 AM 04:54 AM 06:56 AM 08:57 AM 10:59 AM 01:00 PM 03:02 PM 05:03 PM 07:04 PM 09:06 PM 11:07 PM
General	Reproductive Health and HIV Prevention	English	12:58 AM 02:59 AM 05:01 AM 07:02 AM 09:03 AM 11:05 AM 01:06 PM 03:08 PM 05:09 PM 07:11 PM 09:12 PM 11:13 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:03 AM 03:05 AM 05:06 AM 07:07 AM 09:09 AM 11:10 AM 01:12 PM 03:13 PM 05:15 PM 07:16 PM 09:17 PM 11:19 PM
General	Safety and Security against Violence and Injuries	English	01:09 AM 03:10 AM 05:12 AM 07:13 AM 09:15 AM 11:16 AM 01:18 PM 03:19 PM 05:20 PM 07:22 PM 09:23 PM 11:25 PM



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General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:15 AM 03:16 AM 05:17 AM 07:19 AM 09:20 AM 11:22 AM 01:23 PM 03:25 PM 05:26 PM 07:27 PM 09:29 PM 11:30 PM
General	इनोवेटिव टीचर	Hindi	01:20 AM 03:22 AM 05:23 AM 07:25 AM 09:26 AM 11:27 AM 01:29 PM 03:30 PM 05:32 PM 07:33 PM 09:35 PM 11:36 PM
General	Introduction to waste segregation & dry and wet bins	English	01:36 AM 03:37 AM 05:39 AM 07:40 AM 09:41 AM 11:43 AM 01:44 PM 03:46 PM 05:47 PM 07:49 PM 09:50 PM 11:51 PM
General	Azadi ki Amrit Kahaniyan (Tanvi Jagadish- Sagar)	English	01:49 AM 03:51 AM 05:52 AM 07:54 AM 09:55 AM 11:57 AM 01:58 PM 03:59 PM 06:01 PM 08:02 PM 10:04 PM
General	Azadi ki Amrit Kahaniyan (Poonam Nautiyal- Jeevan)	English	01:52 AM 03:53 AM 05:55 AM 07:56 AM 09:57 AM 11:59 AM 02:00 PM 04:02 PM 06:03 PM 08:05 PM 10:06 PM
General	Azadi ki Amrit Kahaniyan (Aarohi Pandit- Vayu)	English	01:54 AM 03:55 AM 05:57 AM 07:58 AM 10:00 AM 12:01 PM 02:03 PM 04:04 PM 06:05 PM 08:07 PM 10:08 PM
General	Azadi ki Amrit Kahaniyan (Harshini Kanhekar- Agni)	English	01:56 AM 03:58 AM 05:59 AM 08:01 AM 10:02 AM 12:03 PM 02:05 PM 04:06 PM 06:08 PM 08:09 PM 10:11 PM
General	Azadi ki Amrit Kahaniyan (Basanti Devi - Jal)	English	01:59 AM 04:00 AM 06:02 AM 08:03 AM 10:04 AM 12:06 PM 02:07 PM 04:09 PM 06:10 PM 08:12 PM 10:13 PM
शुक्रवार, 16 जनवरी 2026 Friday, 16 January 2026			
General	Montage	English	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:56 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:52 PM 09:51 PM 11:50 PM



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Dish TV Channel #2026

General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:55 AM 01:54 PM 03:54 PM 05:53 PM 07:52 PM 09:51 PM 11:51 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:00 AM 03:59 AM 05:58 AM 07:58 AM 09:57 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:52 PM 11:51 PM
General	Real life situations- garbage burning and what to do	English	12:04 AM 02:03 AM 04:02 AM 06:02 AM 08:01 AM 10:00 AM 11:59 AM 01:58 PM 03:58 PM 05:57 PM 07:56 PM 09:55 PM 11:55 PM
General	2 अक्टूबर गांधी जयंती	Hindi	12:28 AM 02:27 AM 04:26 AM 06:26 AM 08:25 AM 10:24 AM 12:23 PM 02:22 PM 04:22 PM 06:21 PM 08:20 PM 10:19 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:32 AM 02:31 AM 04:30 AM 06:29 AM 08:29 AM 10:28 AM 12:27 PM 02:26 PM 04:25 PM 06:25 PM 08:24 PM 10:23 PM
General	Growing up Healthy	English	12:35 AM 02:34 AM 04:34 AM 06:33 AM 08:32 AM 10:31 AM 12:30 PM 02:30 PM 04:29 PM 06:28 PM 08:27 PM 10:26 PM
General	स्वस्थ बढ़ना	Hindi	12:39 AM 02:38 AM 04:38 AM 06:37 AM 08:36 AM 10:35 AM 12:35 PM 02:34 PM 04:33 PM 06:32 PM 08:31 PM 10:31 PM
General	Emotional well being and mental health	English	12:44 AM 02:43 AM 04:42 AM 06:41 AM 08:40 AM 10:40 AM 12:39 PM 02:38 PM 04:37 PM 06:37 PM 08:36 PM 10:35 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:49 AM 02:48 AM 04:47 AM 06:46 AM 08:45 AM 10:45 AM 12:44 PM 02:43 PM 04:42 PM 06:42 PM 08:41 PM 10:40 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:54 AM 02:53 AM 04:52 AM 06:51 AM 08:50 AM 10:50 AM 12:49 PM 02:48 PM 04:47 PM 06:46 PM 08:46 PM 10:45 PM
General	उपभोक्ता संरक्षण	Hindi	01:00 AM 02:59 AM 04:58 AM 06:57 AM 08:57 AM 10:56 AM 12:55 PM 02:54 PM 04:53 PM 06:53 PM 08:52 PM 10:51 PM
General	Introduction to plasto, our hero and marine pollution	English	01:05 AM 03:04 AM 05:03 AM 07:02 AM 09:02 AM 11:01 AM 01:00 PM 02:59 PM 04:58 PM 06:58 PM 08:57 PM 10:56 PM



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Cold Wave	Cold Wave - Chilblains	Hindi	01:12 AM 03:11 AM 05:10 AM 07:10 AM 09:09 AM 11:08 AM 01:07 PM 03:07 PM 05:06 PM 07:05 PM 09:04 PM 11:03 PM
Cold Wave	Cold Wave - Preparation	Hindi	01:13 AM 03:12 AM 05:11 AM 07:11 AM 09:10 AM 11:09 AM 01:08 PM 03:08 PM 05:07 PM 07:06 PM 09:05 PM 11:04 PM
General	Azadi ki Amrit Kahaniyan (Tanvi Jagadish- Sagar)	English	01:14 AM 03:14 AM 05:13 AM 07:12 AM 09:11 AM 11:10 AM 01:10 PM 03:09 PM 05:08 PM 07:07 PM 09:06 PM 11:06 PM
General	आज़ादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)	Hindi	01:17 AM 03:16 AM 05:15 AM 07:14 AM 09:13 AM 11:13 AM 01:12 PM 03:11 PM 05:10 PM 07:10 PM 09:09 PM 11:08 PM
General	आज़ादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन)	Hindi	01:19 AM 03:18 AM 05:17 AM 07:17 AM 09:16 AM 11:15 AM 01:14 PM 03:13 PM 05:13 PM 07:12 PM 09:11 PM 11:10 PM
General	Azadi ki Amrit Kahaniyan (Poonam Nautiyal- Jeevan)	English	01:21 AM 03:20 AM 05:20 AM 07:19 AM 09:18 AM 11:17 AM 01:17 PM 03:16 PM 05:15 PM 07:14 PM 09:13 PM 11:13 PM
General	Foundational Literacy & Numeracy (FLN)	English	01:24 AM 03:23 AM 05:22 AM 07:21 AM 09:20 AM 11:20 AM 01:19 PM 03:18 PM 05:17 PM 07:16 PM 09:16 PM 11:15 PM
General	इन्वेस्टिव टीचर	Hindi	01:27 AM 03:27 AM 05:26 AM 07:25 AM 09:24 AM 11:23 AM 01:23 PM 03:22 PM 05:21 PM 07:20 PM 09:19 PM 11:19 PM
General	Introduction to waste segregation & dry and wet bins	English	01:43 AM 03:42 AM 05:41 AM 07:40 AM 09:40 AM 11:39 AM 01:38 PM 03:37 PM 05:37 PM 07:36 PM 09:35 PM 11:34 PM
General	आज़ादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)	Hindi	01:56 AM 03:56 AM 05:55 AM 07:54 AM 09:53 AM 11:53 AM 01:52 PM 03:51 PM 05:50 PM 07:49 PM 09:49 PM 11:48 PM
शनिवार, 17 जनवरी 2026 Saturday, 17 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:06 PM 10:06 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:01 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:07 PM



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General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:02 AM 06:03 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:06 PM 06:06 PM 08:07 PM 10:07 PM
General	Interpersonal Relationships	English	12:04 AM 02:05 AM 04:05 AM 06:06 AM 08:06 AM 10:07 AM 12:08 PM 02:08 PM 04:09 PM 06:09 PM 08:10 PM 10:11 PM
General	Real life situations- garbage burning and what to do	English	12:09 AM 02:09 AM 04:10 AM 06:10 AM 08:11 AM 10:12 AM 12:12 PM 02:13 PM 04:13 PM 06:14 PM 08:15 PM 10:15 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:33 AM 02:33 AM 04:34 AM 06:34 AM 08:35 AM 10:36 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:39 PM 10:39 PM
General	इनोवेटिव टीचर	Hindi	12:39 AM 02:40 AM 04:40 AM 06:41 AM 08:42 AM 10:42 AM 12:43 PM 02:43 PM 04:44 PM 06:45 PM 08:45 PM 10:46 PM
General	Surya Namaskar	English	12:55 AM 02:55 AM 04:56 AM 06:57 AM 08:57 AM 10:58 AM 12:58 PM 02:59 PM 05:00 PM 07:00 PM 09:01 PM 11:01 PM
General	Interpersonal Relationships	English	01:01 AM 03:02 AM 05:03 AM 07:03 AM 09:04 AM 11:04 AM 01:05 PM 03:06 PM 05:06 PM 07:07 PM 09:07 PM 11:08 PM
General	हिंदी शब्दकोष	Hindi	01:06 AM 03:07 AM 05:07 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:10 PM 05:11 PM 07:12 PM 09:12 PM 11:13 PM
General	पारस्परिक संबंध	Hindi	01:23 AM 03:24 AM 05:25 AM 07:25 AM 09:26 AM 11:26 AM 01:27 PM 03:28 PM 05:28 PM 07:29 PM 09:29 PM 11:30 PM
General	Nutrition_Health and Sanitation	English	01:29 AM 03:29 AM 05:30 AM 07:31 AM 09:31 AM 11:32 AM 01:32 PM 03:33 PM 05:34 PM 07:34 PM 09:35 PM 11:35 PM
General	पारस्परिक संबंध	Hindi	01:35 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:38 AM 01:39 PM 03:39 PM 05:40 PM 07:40 PM 09:41 PM 11:42 PM
General	जेंडर समानता	Hindi	01:40 AM 03:41 AM 05:42 AM 07:42 AM 09:43 AM 11:43 AM 01:44 PM 03:45 PM 05:45 PM 07:46 PM 09:46 PM 11:47 PM
General	Value and responsible Citizenship	English	01:48 AM 03:48 AM 05:49 AM 07:50 AM 09:50 AM 11:51 AM 01:51 PM 03:52 PM 05:53 PM 07:53 PM 09:54 PM 11:54 PM



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General	जेंडर समानता	Hindi	01:53 AM 03:53 AM 05:54 AM 07:55 AM 09:55 AM 11:56 AM 01:56 PM 03:57 PM 05:58 PM 07:58 PM 09:59 PM 11:59 PM
रविवार, 18 जनवरी 2026 Sunday, 18 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:08 PM 08:09 PM 10:10 PM
General	Introduction to plastic, our hero and marine pollution	English	12:01 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
General	हिंदी शब्दकोष	Hindi	12:08 AM 02:09 AM 04:10 AM 06:11 AM 08:12 AM 10:13 AM 12:14 PM 02:15 PM 04:16 PM 06:17 PM 08:18 PM 10:19 PM
General	इनोवेटिव टीचर	Hindi	12:25 AM 02:26 AM 04:27 AM 06:28 AM 08:29 AM 10:30 AM 12:31 PM 02:32 PM 04:33 PM 06:34 PM 08:35 PM 10:36 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:41 AM 02:42 AM 04:43 AM 06:44 AM 08:45 AM 10:46 AM 12:47 PM 02:47 PM 04:48 PM 06:49 PM 08:50 PM 10:51 PM
General	Growing up Healthy	English	12:44 AM 02:45 AM 04:46 AM 06:47 AM 08:48 AM 10:49 AM 12:50 PM 02:51 PM 04:52 PM 06:53 PM 08:54 PM 10:55 PM
General	स्वस्थ बढ़ना	Hindi	12:48 AM 02:49 AM 04:50 AM 06:51 AM 08:52 AM 10:53 AM 12:54 PM 02:55 PM 04:56 PM 06:57 PM 08:58 PM 10:59 PM
General	Emotional well being and mental health	English	12:53 AM 02:54 AM 04:55 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:59 PM 05:00 PM 07:01 PM 09:02 PM 11:03 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:58 AM 02:59 AM 05:00 AM 07:01 AM 09:01 AM 11:02 AM 01:03 PM 03:04 PM 05:05 PM 07:06 PM 09:07 PM 11:08 PM
General	Interpersonal Relationships	English	01:03 AM 03:04 AM 05:05 AM 07:05 AM 09:06 AM 11:07 AM 01:08 PM 03:09 PM 05:10 PM 07:11 PM 09:12 PM 11:13 PM



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General	पारस्परिक संबंध	Hindi	01:07 AM 03:08 AM 05:09 AM 07:10 AM 09:11 AM 11:12 AM 01:13 PM 03:14 PM 05:15 PM 07:16 PM 09:17 PM 11:18 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:13 AM 03:14 AM 05:15 AM 07:15 AM 09:16 AM 11:17 AM 01:18 PM 03:19 PM 05:20 PM 07:21 PM 09:22 PM 11:23 PM
General	Gender Equality	English	01:18 AM 03:19 AM 05:20 AM 07:21 AM 09:22 AM 11:23 AM 01:24 PM 03:25 PM 05:26 PM 07:27 PM 09:28 PM 11:29 PM
General	जेंडर समानता	Hindi	01:25 AM 03:26 AM 05:27 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:33 AM 03:34 AM 05:35 AM 07:36 AM 09:36 AM 11:37 AM 01:38 PM 03:39 PM 05:40 PM 07:41 PM 09:42 PM 11:43 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	01:39 AM 03:40 AM 05:41 AM 07:42 AM 09:43 AM 11:44 AM 01:45 PM 03:46 PM 05:47 PM 07:48 PM 09:49 PM 11:50 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	01:40 AM 03:41 AM 05:42 AM 07:43 AM 09:44 AM 11:45 AM 01:46 PM 03:47 PM 05:48 PM 07:49 PM 09:50 PM 11:51 PM
General	Introduction to plasto, our hero and marine pollution	English	01:41 AM 03:42 AM 05:43 AM 07:44 AM 09:45 AM 11:46 AM 01:47 PM 03:48 PM 05:49 PM 07:50 PM 09:51 PM 11:52 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:49 AM 03:50 AM 05:50 AM 07:51 AM 09:52 AM 11:53 AM 01:54 PM 03:55 PM 05:56 PM 07:57 PM 09:58 PM 11:59 PM
सोमवार, 19 जनवरी 2026 Monday, 19 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
General	Pawanmuktasana	English	12:01 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:06 AM 12:07 PM 02:08 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM



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General	इनोवेटिव टीचर	Hindi	12:04 AM 02:05 AM 04:06 AM 06:07 AM 08:08 AM 10:09 AM 12:10 PM 02:11 PM 04:11 PM 06:12 PM 08:13 PM 10:14 PM
General	हिंदी शब्दकोष	Hindi	12:19 AM 02:20 AM 04:21 AM 06:22 AM 08:23 AM 10:24 AM 12:25 PM 02:26 PM 04:27 PM 06:28 PM 08:29 PM 10:30 PM
General	Introduction to waste segregation & dry and wet bins	English	12:36 AM 02:37 AM 04:38 AM 06:39 AM 08:40 AM 10:41 AM 12:42 PM 02:43 PM 04:44 PM 06:45 PM 08:46 PM 10:47 PM
General	स्वस्थ बढ़ना	Hindi	12:50 AM 02:51 AM 04:52 AM 06:53 AM 08:54 AM 10:55 AM 12:56 PM 02:57 PM 04:58 PM 06:59 PM 09:00 PM 11:01 PM
General	Emotional well being and mental health	English	12:54 AM 02:55 AM 04:56 AM 06:57 AM 08:58 AM 10:59 AM 01:00 PM 03:01 PM 05:02 PM 07:03 PM 09:04 PM 11:05 PM
General	Real life situations- garbage burning and what to do	English	12:59 AM 03:00 AM 05:01 AM 07:02 AM 09:03 AM 11:04 AM 01:05 PM 03:06 PM 05:07 PM 07:08 PM 09:09 PM 11:10 PM
General	पारस्परिक संबंध	Hindi	01:23 AM 03:24 AM 05:25 AM 07:26 AM 09:27 AM 11:28 AM 01:29 PM 03:30 PM 05:31 PM 07:32 PM 09:33 PM 11:34 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:29 AM 03:30 AM 05:31 AM 07:32 AM 09:33 AM 11:34 AM 01:35 PM 03:36 PM 05:37 PM 07:37 PM 09:38 PM 11:39 PM
General	Gender Equality	English	01:34 AM 03:35 AM 05:36 AM 07:37 AM 09:38 AM 11:39 AM 01:40 PM 03:41 PM 05:42 PM 07:43 PM 09:44 PM 11:45 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:41 AM 03:42 AM 05:43 AM 07:44 AM 09:45 AM 11:46 AM 01:47 PM 03:48 PM 05:49 PM 07:50 PM 09:51 PM 11:52 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:42 AM 03:43 AM 05:44 AM 07:45 AM 09:46 AM 11:47 AM 01:48 PM 03:49 PM 05:50 PM 07:51 PM 09:52 PM 11:53 PM
General	हिंदी शब्दकोष	Hindi	01:43 AM 03:44 AM 05:45 AM 07:46 AM 09:47 AM 11:48 AM 01:49 PM 03:50 PM 05:51 PM 07:52 PM 09:53 PM 11:54 PM



मंगलवार, 20 जनवरी 2026

Tuesday, 20 January 2026

General	Montage	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:04 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:04 PM 10:05 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:02 AM 06:02 AM 08:03 AM 10:03 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:04 AM 02:04 AM 04:05 AM 06:05 AM 08:06 AM 10:06 AM 12:07 PM 02:07 PM 04:08 PM 06:08 PM 08:08 PM 10:09 PM
General	Gender Equality	English	12:09 AM 02:10 AM 04:10 AM 06:11 AM 08:11 AM 10:12 AM 12:12 PM 02:13 PM 04:13 PM 06:14 PM 08:14 PM 10:14 PM
General	जेंडर समानता	Hindi	12:17 AM 02:17 AM 04:18 AM 06:18 AM 08:18 AM 10:19 AM 12:19 PM 02:20 PM 04:20 PM 06:21 PM 08:21 PM 10:22 PM
General	Nutrition_Health and Sanitation	English	12:24 AM 02:24 AM 04:25 AM 06:25 AM 08:26 AM 10:26 AM 12:27 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:29 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:34 PM 08:35 PM 10:35 PM
General	Prevention and Management of Substance Misuse	English	12:37 AM 02:37 AM 04:38 AM 06:38 AM 08:39 AM 10:39 AM 12:40 PM 02:40 PM 04:41 PM 06:41 PM 08:42 PM 10:42 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:42 AM 02:43 AM 04:43 AM 06:44 AM 08:44 AM 10:45 AM 12:45 PM 02:45 PM 04:46 PM 06:46 PM 08:47 PM 10:47 PM
General	Promotion of Healthy Lifestyle	English	12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:50 AM 10:50 AM 12:51 PM 02:51 PM 04:52 PM 06:52 PM 08:53 PM 10:53 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:54 AM 02:55 AM 04:55 AM 06:56 AM 08:56 AM 10:56 AM 12:57 PM 02:57 PM 04:58 PM 06:58 PM 08:59 PM 10:59 PM



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Dish TV Channel #2026

General	Reproductive Health and HIV Prevention	English	01:00 AM 03:01 AM 05:01 AM 07:02 AM 09:02 AM 11:03 AM 01:03 PM 03:03 PM 05:04 PM 07:04 PM 09:05 PM 11:05 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:06 AM 03:06 AM 05:07 AM 07:07 AM 09:08 AM 11:08 AM 01:08 PM 03:09 PM 05:09 PM 07:10 PM 09:10 PM 11:11 PM
General	Safety and Security against Violence and Injuries	English	01:12 AM 03:12 AM 05:12 AM 07:13 AM 09:13 AM 11:14 AM 01:14 PM 03:15 PM 05:15 PM 07:16 PM 09:16 PM 11:16 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:17 AM 03:18 AM 05:18 AM 07:19 AM 09:19 AM 11:19 AM 01:20 PM 03:20 PM 05:21 PM 07:21 PM 09:22 PM 11:22 PM
General	Safe Use of Internet_Gadgets and Media	English	01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:25 AM 11:25 AM 01:26 PM 03:26 PM 05:26 PM 07:27 PM 09:27 PM 11:28 PM
General	Real life situations- garbage burning and what to do	English	01:29 AM 03:29 AM 05:30 AM 07:30 AM 09:31 AM 11:31 AM 01:32 PM 03:32 PM 05:32 PM 07:33 PM 09:33 PM 11:34 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:53 AM 03:53 AM 05:54 AM 07:54 AM 09:55 AM 11:55 AM 01:56 PM 03:56 PM 05:56 PM 07:57 PM 09:57 PM 11:58 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:54 AM 03:54 AM 05:55 AM 07:55 AM 09:56 AM 11:56 AM 01:57 PM 03:57 PM 05:57 PM 07:58 PM 09:58 PM 11:59 PM
Cold Wave	Cold Wave - Chilblains	Hindi	01:55 AM 03:55 AM 05:56 AM 07:56 AM 09:56 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:59 PM 09:59 PM
Cold Wave	Cold Wave - Preparation	Hindi	01:56 AM 03:56 AM 05:57 AM 07:57 AM 09:57 AM 11:58 AM 01:58 PM 03:59 PM 05:59 PM 08:00 PM 10:00 PM
General	पवनमुक्तासन	Hindi	01:57 AM 03:57 AM 05:58 AM 07:58 AM 09:59 AM 11:59 AM 02:00 PM 04:00 PM 06:01 PM 08:01 PM 10:01 PM
बुधवार, 21 जनवरी 2026 Wednesday, 21 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM



DD Free Dish Channel #27



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Dish TV Channel #2026

General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:02 PM 10:02 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:01 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:02 PM 06:02 PM 08:02 PM 10:03 PM
General	Real life situations- garbage burning and what to do	English	12:04 AM 02:04 AM 04:04 AM 06:04 AM 08:05 AM 10:05 AM 12:05 PM 02:05 PM 04:05 PM 06:05 PM 08:06 PM 10:06 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:30 PM 10:30 PM
General	Promotion of Healthy Lifestyle	English	12:34 AM 02:34 AM 04:34 AM 06:34 AM 08:35 AM 10:35 AM 12:35 PM 02:35 PM 04:35 PM 06:35 PM 08:36 PM 10:36 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:40 AM 02:40 AM 04:40 AM 06:40 AM 08:40 AM 10:41 AM 12:41 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:42 PM
General	इन्वेक्टिव टीचर	Hindi	12:46 AM 02:46 AM 04:46 AM 06:46 AM 08:47 AM 10:47 AM 12:47 PM 02:47 PM 04:47 PM 06:47 PM 08:48 PM 10:48 PM
General	हिंदी शब्दकोष	Hindi	01:01 AM 03:02 AM 05:02 AM 07:02 AM 09:02 AM 11:02 AM 01:02 PM 03:03 PM 05:03 PM 07:03 PM 09:03 PM 11:03 PM
General	Introduction to waste segregation & dry and wet bins	English	01:19 AM 03:19 AM 05:19 AM 07:19 AM 09:19 AM 11:19 AM 01:20 PM 03:20 PM 05:20 PM 07:20 PM 09:20 PM 11:20 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:32 AM 03:32 AM 05:33 AM 07:33 AM 09:33 AM 11:33 AM 01:33 PM 03:33 PM 05:34 PM 07:34 PM 09:34 PM 11:34 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:44 AM 03:44 AM 05:45 AM 07:45 AM 09:45 AM 11:45 AM 01:45 PM 03:45 PM 05:46 PM 07:46 PM 09:46 PM 11:46 PM
General	Cyberbullying	English	01:50 AM 03:50 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:51 PM 05:52 PM 07:52 PM 09:52 PM 11:52 PM
General	Gender Equality	English	01:51 AM 03:52 AM 05:52 AM 07:52 AM 09:52 AM 11:52 AM 01:52 PM 03:53 PM 05:53 PM 07:53 PM 09:53 PM 11:53 PM



DD Free Dish Channel #27



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Dish TV Channel #2026

Cold Wave	Cold Wave - Chilblains	Hindi	01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
बृहस्पतिवार, 22 जनवरी 2026 Thursday, 22 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:03 PM 10:04 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:02 AM 06:02 AM 08:02 AM 10:03 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:04 AM 02:04 AM 04:05 AM 06:05 AM 08:05 AM 10:06 AM 12:06 PM 02:07 PM 04:07 PM 06:07 PM 08:08 PM 10:08 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:05 AM 02:05 AM 04:06 AM 06:06 AM 08:06 AM 10:07 AM 12:07 PM 02:08 PM 04:08 PM 06:08 PM 08:09 PM 10:09 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:07 AM 10:08 AM 12:08 PM 02:09 PM 04:09 PM 06:09 PM 08:10 PM 10:10 PM
General	जेंडर समानता	Hindi	12:07 AM 02:07 AM 04:07 AM 06:08 AM 08:08 AM 10:09 AM 12:09 PM 02:09 PM 04:10 PM 06:10 PM 08:10 PM 10:11 PM
General	Nutrition_Health and Sanitation	English	12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:16 AM 10:16 AM 12:16 PM 02:17 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
General	Real life situations- garbage burning and what to do	English	12:20 AM 02:21 AM 04:21 AM 06:21 AM 08:22 AM 10:22 AM 12:23 PM 02:23 PM 04:23 PM 06:24 PM 08:24 PM 10:25 PM



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General	इनोवेटिव टीचर	Hindi	12:44 AM 02:45 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:47 PM 02:47 PM 04:47 PM 06:48 PM 08:48 PM 10:49 PM
General	हिंदी शब्दकोष	Hindi	01:00 AM 03:00 AM 05:01 AM 07:01 AM 09:01 AM 11:02 AM 01:02 PM 03:02 PM 05:03 PM 07:03 PM 09:04 PM 11:04 PM
General	Introduction to waste segregation & dry and wet bins	English	01:17 AM 03:17 AM 05:18 AM 07:18 AM 09:19 AM 11:19 AM 01:19 PM 03:20 PM 05:20 PM 07:21 PM 09:21 PM 11:21 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:31 AM 03:31 AM 05:32 AM 07:32 AM 09:32 AM 11:33 AM 01:33 PM 03:33 PM 05:34 PM 07:34 PM 09:35 PM 11:35 PM
General	हिंदी शब्दकोष	Hindi	01:43 AM 03:43 AM 05:43 AM 07:44 AM 09:44 AM 11:45 AM 01:45 PM 03:45 PM 05:46 PM 07:46 PM 09:46 PM 11:47 PM
शुक्रवार, 23 जनवरी 2026 Friday, 23 January 2026			
General	Montage	English	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:52 PM 11:52 PM
General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:55 PM 03:55 PM 05:54 PM 07:53 PM 09:53 PM 11:52 PM
General	इनोवेटिव टीचर	Hindi	12:01 AM 02:00 AM 03:59 AM 05:59 AM 07:58 AM 09:57 AM 11:57 AM 01:56 PM 03:55 PM 05:55 PM 07:54 PM 09:53 PM 11:53 PM
General	हिंदी शब्दकोष	Hindi	12:16 AM 02:16 AM 04:15 AM 06:14 AM 08:14 AM 10:13 AM 12:12 PM 02:12 PM 04:11 PM 06:10 PM 08:10 PM 10:09 PM



General	Introduction to waste segregation & dry and wet bins	English	12:33 AM 02:33 AM 04:32 AM 06:31 AM 08:31 AM 10:30 AM 12:29 PM 02:29 PM 04:28 PM 06:27 PM 08:27 PM 10:26 PM
General	Real life situations- garbage burning and what to do	English	12:47 AM 02:46 AM 04:46 AM 06:45 AM 08:44 AM 10:44 AM 12:43 PM 02:42 PM 04:42 PM 06:41 PM 08:40 PM 10:40 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:11 AM 03:10 AM 05:10 AM 07:09 AM 09:08 AM 11:08 AM 01:07 PM 03:06 PM 05:06 PM 07:05 PM 09:04 PM 11:04 PM
General	जेंडर समानता	Hindi	01:23 AM 03:22 AM 05:22 AM 07:21 AM 09:20 AM 11:20 AM 01:19 PM 03:18 PM 05:18 PM 07:17 PM 09:16 PM 11:16 PM
General	Growing up Healthy	English	01:30 AM 03:30 AM 05:29 AM 07:28 AM 09:28 AM 11:27 AM 01:26 PM 03:26 PM 05:25 PM 07:24 PM 09:24 PM 11:23 PM
General	Nutrition_Health and Sanitation	English	01:35 AM 03:34 AM 05:33 AM 07:33 AM 09:32 AM 11:31 AM 01:31 PM 03:30 PM 05:29 PM 07:29 PM 09:28 PM 11:27 PM
Cold Wave	Cold Wave - Chilblains	Hindi	01:41 AM 03:40 AM 05:40 AM 07:39 AM 09:38 AM 11:38 AM 01:37 PM 03:36 PM 05:36 PM 07:35 PM 09:34 PM 11:34 PM
Cold Wave	Cold Wave - Preparation	Hindi	01:42 AM 03:41 AM 05:41 AM 07:40 AM 09:39 AM 11:39 AM 01:38 PM 03:37 PM 05:37 PM 07:36 PM 09:35 PM 11:35 PM
General	Gender Equality	English	01:43 AM 03:43 AM 05:42 AM 07:41 AM 09:41 AM 11:40 AM 01:39 PM 03:39 PM 05:38 PM 07:37 PM 09:37 PM 11:36 PM
General	Azadi ki Amrit Kahaniyan (Aarohi Pandit- Vayu)	English	01:50 AM 03:50 AM 05:49 AM 07:48 AM 09:48 AM 11:47 AM 01:46 PM 03:46 PM 05:45 PM 07:44 PM 09:44 PM 11:43 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:53 AM 03:52 AM 05:51 AM 07:51 AM 09:50 AM 11:49 AM 01:49 PM 03:48 PM 05:47 PM 07:47 PM 09:46 PM 11:45 PM
शनिवार, 24 जनवरी 2026 Saturday, 24 January 2026			
General	Montage	English	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:11 PM 10:12 PM



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Dish TV Channel #2026

General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:07 PM 02:08 PM 04:09 PM 06:10 PM 08:11 PM 10:12 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:06 AM 12:07 PM 02:08 PM 04:10 PM 06:11 PM 08:12 PM 10:13 PM
General	National Anthem (Indian Sign Language)	English/hindi	12:04 AM 02:05 AM 04:06 AM 06:07 AM 08:08 AM 10:09 AM 12:11 PM 02:12 PM 04:13 PM 06:14 PM 08:15 PM 10:16 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:05 AM 02:06 AM 04:07 AM 06:08 AM 08:09 AM 10:11 AM 12:12 PM 02:13 PM 04:14 PM 06:15 PM 08:16 PM 10:17 PM
General	Nutrition_Health and Sanitation	English	12:08 AM 02:10 AM 04:11 AM 06:12 AM 08:13 AM 10:14 AM 12:15 PM 02:16 PM 04:17 PM 06:18 PM 08:19 PM 10:21 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:15 AM 02:16 AM 04:17 AM 06:18 AM 08:19 AM 10:20 AM 12:21 PM 02:22 PM 04:24 PM 06:25 PM 08:26 PM 10:27 PM
General	Prevention and Management of Substance Misuse	English	12:21 AM 02:23 AM 04:24 AM 06:25 AM 08:26 AM 10:27 AM 12:28 PM 02:29 PM 04:30 PM 06:31 PM 08:32 PM 10:34 PM
General	जेंडर समानता	Hindi	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:33 PM 02:34 PM 04:36 PM 06:37 PM 08:38 PM 10:39 PM
General	Nutrition_Health and Sanitation	English	12:34 AM 02:35 AM 04:36 AM 06:37 AM 08:39 AM 10:40 AM 12:41 PM 02:42 PM 04:43 PM 06:44 PM 08:45 PM 10:46 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:40 AM 02:42 AM 04:43 AM 06:44 AM 08:45 AM 10:46 AM 12:47 PM 02:48 PM 04:49 PM 06:50 PM 08:51 PM 10:53 PM
General	Promotion of Healthy Lifestyle	English	12:46 AM 02:47 AM 04:49 AM 06:50 AM 08:51 AM 10:52 AM 12:53 PM 02:54 PM 04:55 PM 06:56 PM 08:57 PM 10:58 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:52 AM 02:53 AM 04:55 AM 06:56 AM 08:57 AM 10:58 AM 12:59 PM 03:00 PM 05:01 PM 07:02 PM 09:03 PM 11:04 PM
General	इनोवेटिव टीचर	Hindi	12:58 AM 03:00 AM 05:01 AM 07:02 AM 09:03 AM 11:04 AM 01:05 PM 03:06 PM 05:07 PM 07:08 PM 09:09 PM 11:11 PM



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General	सरदार वल्लभ भाई पटेल	Hindi	01:14 AM 03:15 AM 05:16 AM 07:17 AM 09:18 AM 11:19 AM 01:20 PM 03:22 PM 05:23 PM 07:24 PM 09:25 PM 11:26 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:17 AM 03:18 AM 05:19 AM 07:21 AM 09:22 AM 11:23 AM 01:24 PM 03:25 PM 05:26 PM 07:27 PM 09:28 PM 11:29 PM
General	Real life situations- garbage burning and what to do	English	01:24 AM 03:25 AM 05:26 AM 07:27 AM 09:28 AM 11:29 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
General	पारस्परिक संबंध	Hindi	01:48 AM 03:49 AM 05:50 AM 07:51 AM 09:52 AM 11:53 AM 01:55 PM 03:56 PM 05:57 PM 07:58 PM 09:59 PM
General	जेंडर समानता	Hindi	01:53 AM 03:54 AM 05:55 AM 07:57 AM 09:58 AM 11:59 AM 02:00 PM 04:01 PM 06:02 PM 08:03 PM 10:04 PM
रविवार, 25 जनवरी 2026 Sunday, 25 January 2026			
General	Montage	English	12:00 AM 02:01 AM 04:03 AM 06:05 AM 08:07 AM 10:08 AM 12:10 PM 02:12 PM 04:14 PM 06:16 PM 08:17 PM 10:19 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:02 AM 04:03 AM 06:05 AM 08:07 AM 10:09 AM 12:11 PM 02:12 PM 04:14 PM 06:16 PM 08:18 PM 10:20 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:03 AM 04:04 AM 06:06 AM 08:08 AM 10:10 AM 12:11 PM 02:13 PM 04:15 PM 06:17 PM 08:19 PM 10:20 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:04 AM 02:06 AM 04:08 AM 06:09 AM 08:11 AM 10:13 AM 12:15 PM 02:16 PM 04:18 PM 06:20 PM 08:22 PM 10:24 PM
General	Gender Equality	English	12:09 AM 02:11 AM 04:13 AM 06:15 AM 08:17 AM 10:18 AM 12:20 PM 02:22 PM 04:24 PM 06:26 PM 08:27 PM 10:29 PM
General	जेंडर समानता	Hindi	12:17 AM 02:18 AM 04:20 AM 06:22 AM 08:24 AM 10:26 AM 12:27 PM 02:29 PM 04:31 PM 06:33 PM 08:34 PM 10:36 PM
General	Nutrition_Health and Sanitation	English	12:24 AM 02:26 AM 04:28 AM 06:29 AM 08:31 AM 10:33 AM 12:35 PM 02:36 PM 04:38 PM 06:40 PM 08:42 PM 10:44 PM



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General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:30 AM 02:32 AM 04:34 AM 06:36 AM 08:37 AM 10:39 AM 12:41 PM 02:43 PM 04:45 PM 06:46 PM 08:48 PM 10:50 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:36 AM 02:38 AM 04:40 AM 06:42 AM 08:44 AM 10:45 AM 12:47 PM 02:49 PM 04:51 PM 06:53 PM 08:54 PM 10:56 PM
General	Prevention and Management of Substance Misuse	English	12:43 AM 02:45 AM 04:47 AM 06:48 AM 08:50 AM 10:52 AM 12:54 PM 02:56 PM 04:57 PM 06:59 PM 09:01 PM 11:03 PM
General	Value and responsible Citizenship	English	12:48 AM 02:50 AM 04:52 AM 06:54 AM 08:56 AM 10:57 AM 12:59 PM 03:01 PM 05:03 PM 07:04 PM 09:06 PM 11:08 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:53 AM 02:55 AM 04:57 AM 06:59 AM 09:01 AM 11:02 AM 01:04 PM 03:06 PM 05:08 PM 07:09 PM 09:11 PM 11:13 PM
General	Promotion of Healthy Lifestyle	English	12:59 AM 03:01 AM 05:03 AM 07:05 AM 09:06 AM 11:08 AM 01:10 PM 03:12 PM 05:14 PM 07:15 PM 09:17 PM 11:19 PM
General	Safety and Security against Violence and Injuries	English	01:05 AM 03:07 AM 05:09 AM 07:11 AM 09:12 AM 11:14 AM 01:16 PM 03:18 PM 05:20 PM 07:21 PM 09:23 PM 11:25 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:11 AM 03:13 AM 05:14 AM 07:16 AM 09:18 AM 11:20 AM 01:22 PM 03:23 PM 05:25 PM 07:27 PM 09:29 PM 11:31 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	01:12 AM 03:14 AM 05:15 AM 07:17 AM 09:19 AM 11:21 AM 01:22 PM 03:24 PM 05:26 PM 07:28 PM 09:30 PM 11:31 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:13 AM 03:14 AM 05:16 AM 07:18 AM 09:20 AM 11:22 AM 01:23 PM 03:25 PM 05:27 PM 07:29 PM 09:31 PM 11:32 PM
General	Safe Use of Internet_Gadgets and Media	English	01:18 AM 03:20 AM 05:22 AM 07:24 AM 09:26 AM 11:27 AM 01:29 PM 03:31 PM 05:33 PM 07:34 PM 09:36 PM 11:38 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:24 AM 03:26 AM 05:28 AM 07:30 AM 09:31 AM 11:33 AM 01:35 PM 03:37 PM 05:39 PM 07:40 PM 09:42 PM 11:44 PM



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General	उपभोक्ता संरक्षण	Hindi	01:30 AM 03:32 AM 05:34 AM 07:36 AM 09:38 AM 11:39 AM 01:41 PM 03:43 PM 05:45 PM 07:47 PM 09:48 PM 11:50 PM
General	जेंडर समानता	Hindi	01:35 AM 03:37 AM 05:39 AM 07:41 AM 09:43 AM 11:44 AM 01:46 PM 03:48 PM 05:50 PM 07:52 PM 09:53 PM 11:55 PM
General	हिंदी शब्दकोष	Hindi	01:43 AM 03:45 AM 05:46 AM 07:48 AM 09:50 AM 11:52 AM 01:54 PM 03:55 PM 05:57 PM 07:59 PM 10:01 PM
General	Azadi ki Amrit Kahaniyan(Trailer)	English	02:00 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:09 PM 02:11 PM 04:13 PM 06:14 PM 08:16 PM 10:18 PM
सोमवार, 26 जनवरी 2026 Monday, 26 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:01 AM 02:01 AM 04:01 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General	इनोवेटिव टीचर	Hindi	12:02 AM 02:02 AM 04:02 AM 06:02 AM 08:02 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:03 PM 08:03 PM 10:03 PM
General	हिंदी शब्दकोष	Hindi	12:17 AM 02:17 AM 04:17 AM 06:17 AM 08:18 AM 10:18 AM 12:18 PM 02:18 PM 04:18 PM 06:18 PM 08:18 PM 10:19 PM
General	Introduction to waste segregation & dry and wet bins	English	12:34 AM 02:34 AM 04:35 AM 06:35 AM 08:35 AM 10:35 AM 12:35 PM 02:35 PM 04:35 PM 06:36 PM 08:36 PM 10:36 PM
General	Samvidhan Diwas	Hindi	12:48 AM 02:48 AM 04:48 AM 06:48 AM 08:49 AM 10:49 AM 12:49 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:49 PM
General	Real life situations- garbage burning and what to do	English	12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 11:00 AM 01:00 PM 03:00 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM



DD Free Dish Channel #27



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General	Gender Equality	English	01:23 AM 03:23 AM 05:23 AM 07:23 AM 09:23 AM 11:24 AM 01:24 PM 03:24 PM 05:24 PM 07:24 PM 09:24 PM 11:24 PM
General	National Anthem (Indian Sign Language)	English/ hindi	01:30 AM 03:30 AM 05:30 AM 07:30 AM 09:31 AM 11:31 AM 01:31 PM 03:31 PM 05:31 PM 07:31 PM 09:31 PM 11:32 PM
General	Cyberbullying	English	01:31 AM 03:31 AM 05:31 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:32 PM 07:32 PM 09:33 PM 11:33 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	01:32 AM 03:33 AM 05:33 AM 07:33 AM 09:33 AM 11:33 AM 01:33 PM 03:33 PM 05:33 PM 07:34 PM 09:34 PM 11:34 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:33 AM 03:33 AM 05:34 AM 07:34 AM 09:34 AM 11:34 AM 01:34 PM 03:34 PM 05:34 PM 07:35 PM 09:35 PM 11:35 PM
General	Introduction to waste segregation & dry and wet bins	English	01:34 AM 03:34 AM 05:34 AM 07:34 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:35 PM 09:35 PM 11:36 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:48 AM 03:48 AM 05:48 AM 07:48 AM 09:48 AM 11:48 AM 01:49 PM 03:49 PM 05:49 PM 07:49 PM 09:49 PM 11:49 PM
मंगलवार, 27 जनवरी 2026 Tuesday, 27 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
General	Cyberbullying	English	12:01 AM 02:01 AM 04:02 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General	Catfishing Fraud	English	12:02 AM 02:02 AM 04:03 AM 06:04 AM 08:04 AM 10:05 AM 12:05 PM 02:06 PM 04:06 PM 06:07 PM 08:07 PM 10:08 PM
General	Dhyana	English	12:03 AM 02:04 AM 04:04 AM 06:05 AM 08:05 AM 10:06 AM 12:06 PM 02:07 PM 04:07 PM 06:08 PM 08:08 PM 10:09 PM



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Cold Wave	Cold Wave - Chilblains	Hindi	12:07 AM 02:08 AM 04:08 AM 06:09 AM 08:09 AM 10:10 AM 12:10 PM 02:11 PM 04:11 PM 06:12 PM 08:12 PM 10:13 PM
Cold Wave	Cold Wave - Preparation	Hindi	12:08 AM 02:09 AM 04:09 AM 06:10 AM 08:10 AM 10:11 AM 12:11 PM 02:12 PM 04:12 PM 06:13 PM 08:13 PM 10:14 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:09 AM 02:10 AM 04:10 AM 06:11 AM 08:12 AM 10:12 AM 12:13 PM 02:13 PM 04:14 PM 06:14 PM 08:15 PM 10:15 PM
General	Energy Saving	English	12:10 AM 02:11 AM 04:11 AM 06:12 AM 08:13 AM 10:13 AM 12:14 PM 02:14 PM 04:15 PM 06:15 PM 08:16 PM 10:16 PM
General	Value and responsible Citizenship	English	12:12 AM 02:13 AM 04:13 AM 06:14 AM 08:14 AM 10:15 AM 12:15 PM 02:16 PM 04:16 PM 06:17 PM 08:17 PM 10:18 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:17 AM 02:18 AM 04:18 AM 06:19 AM 08:19 AM 10:20 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:22 PM 10:23 PM
General	Gender Equality	English	12:23 AM 02:23 AM 04:24 AM 06:24 AM 08:25 AM 10:25 AM 12:26 PM 02:26 PM 04:27 PM 06:27 PM 08:28 PM 10:28 PM
General	जेंडर समानता	Hindi	12:30 AM 02:30 AM 04:31 AM 06:31 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:34 PM 06:35 PM 08:35 PM 10:36 PM
General	Nutrition_Health and Sanitation	English	12:37 AM 02:38 AM 04:38 AM 06:39 AM 08:39 AM 10:40 AM 12:40 PM 02:41 PM 04:41 PM 06:42 PM 08:42 PM 10:43 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:43 AM 02:44 AM 04:44 AM 06:45 AM 08:46 AM 10:46 AM 12:47 PM 02:47 PM 04:48 PM 06:48 PM 08:49 PM 10:49 PM
General	Prevention and Management of Substance Misuse	English	12:50 AM 02:51 AM 04:51 AM 06:52 AM 08:52 AM 10:53 AM 12:53 PM 02:54 PM 04:54 PM 06:55 PM 08:55 PM 10:56 PM
General	Promotion of Healthy Lifestyle	English	12:55 AM 02:56 AM 04:56 AM 06:57 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 05:00 PM 07:00 PM 09:01 PM 11:01 PM



सामान्य	Single Use Plastic	हिंदी	01:01 AM 03:02 AM 05:02 AM 07:03 AM 09:03 AM 11:04 AM 01:05 PM 03:05 PM 05:06 PM 07:06 PM 09:07 PM 11:07 PM
General	स्वस्थ बढ़ना	Hindi	01:03 AM 03:04 AM 05:04 AM 07:05 AM 09:05 AM 11:06 AM 01:06 PM 03:07 PM 05:07 PM 07:08 PM 09:08 PM 11:09 PM
General	Emotional well being and mental health	English	01:07 AM 03:08 AM 05:08 AM 07:09 AM 09:10 AM 11:10 AM 01:11 PM 03:11 PM 05:12 PM 07:12 PM 09:13 PM 11:13 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:12 AM 03:13 AM 05:13 AM 07:14 AM 09:14 AM 11:15 AM 01:16 PM 03:16 PM 05:17 PM 07:17 PM 09:18 PM 11:18 PM
General	Interpersonal Relationships	English	01:17 AM 03:18 AM 05:18 AM 07:19 AM 09:19 AM 11:20 AM 01:21 PM 03:21 PM 05:22 PM 07:22 PM 09:23 PM 11:23 PM
General	पारस्परिक संबंध	Hindi	01:22 AM 03:23 AM 05:23 AM 07:24 AM 09:24 AM 11:25 AM 01:25 PM 03:26 PM 05:26 PM 07:27 PM 09:27 PM 11:28 PM
General	इनोवेटिव टीचर	Hindi	01:27 AM 03:28 AM 05:28 AM 07:29 AM 09:29 AM 11:30 AM 01:31 PM 03:31 PM 05:32 PM 07:32 PM 09:33 PM 11:33 PM
General	हिंदी शब्दकोष	Hindi	01:43 AM 03:43 AM 05:44 AM 07:44 AM 09:45 AM 11:45 AM 01:46 PM 03:47 PM 05:47 PM 07:48 PM 09:48 PM 11:49 PM
बुधवार, 28 जनवरी 2026 Wednesday, 28 January 2026			
General	Montage	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:58 PM 11:58 PM



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General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:01 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General	इनोवेटिव टीचर	Hindi	12:04 AM 02:04 AM 04:04 AM 06:04 AM 08:04 AM 10:03 AM 12:03 PM 02:03 PM 04:03 PM 06:03 PM 08:03 PM 10:03 PM
General	हिंदी शब्दकोष	Hindi	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:18 PM 10:18 PM
General	Introduction to waste segregation & dry and wet bins	English	12:37 AM 02:37 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:36 PM
General	Real life situations- garbage burning and what to do	English	12:50 AM 02:50 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:50 PM 02:50 PM 04:50 PM 06:49 PM 08:49 PM 10:49 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:14 AM 03:14 AM 05:14 AM 07:14 AM 09:14 AM 11:14 AM 01:14 PM 03:14 PM 05:14 PM 07:13 PM 09:13 PM 11:13 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM
General	Interpersonal Relationships	English	01:31 AM 03:31 AM 05:31 AM 07:31 AM 09:31 AM 11:31 AM 01:31 PM 03:31 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM
Cold Wave	Cold Wave - Chilblains	Hindi	01:36 AM 03:36 AM 05:36 AM 07:36 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:35 PM 09:35 PM 11:35 PM
Cold Wave	Cold Wave - Preparation	Hindi	01:37 AM 03:37 AM 05:37 AM 07:37 AM 09:36 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:36 PM 09:36 PM 11:36 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:38 AM 03:38 AM 05:38 AM 07:38 AM 09:38 AM 11:38 AM 01:38 PM 03:37 PM 05:37 PM 07:37 PM 09:37 PM 11:37 PM



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Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:39 AM 03:39 AM 05:39 AM 07:39 AM 09:39 AM 11:39 AM 01:38 PM 03:38 PM 05:38 PM 07:38 PM 09:38 PM 11:38 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:39 PM 03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:39 PM
General	Gender Equality	English	01:46 AM 03:46 AM 05:45 AM 07:45 AM 09:45 AM 11:45 AM 01:45 PM 03:45 PM 05:45 PM 07:45 PM 09:45 PM 11:45 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:53 AM 03:53 AM 05:53 AM 07:52 AM 09:52 AM 11:52 AM 01:52 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:52 PM
बृहस्पतिवार, 29 जनवरी 2026 Thursday, 29 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General	इनोवेटिव टीचर	Hindi	12:01 AM 02:02 AM 04:03 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
General	हिंदी शब्दकोष	Hindi	12:16 AM 02:17 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:22 PM 02:23 PM 04:24 PM 06:24 PM 08:25 PM 10:26 PM
General	Introduction to waste segregation & dry and wet bins	English	12:33 AM 02:34 AM 04:35 AM 06:36 AM 08:37 AM 10:38 AM 12:39 PM 02:40 PM 04:41 PM 06:42 PM 08:43 PM 10:44 PM
General	Real life situations- garbage burning and what to do	English	12:47 AM 02:48 AM 04:49 AM 06:50 AM 08:51 AM 10:52 AM 12:53 PM 02:54 PM 04:54 PM 06:55 PM 08:56 PM 10:57 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:11 AM 03:12 AM 05:13 AM 07:14 AM 09:15 AM 11:16 AM 01:17 PM 03:18 PM 05:18 PM 07:19 PM 09:20 PM 11:21 PM
General	Gender Equality	English	01:23 AM 03:24 AM 05:25 AM 07:26 AM 09:27 AM 11:28 AM 01:29 PM 03:29 PM 05:30 PM 07:31 PM 09:32 PM 11:33 PM



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General	जेंडर समानता	Hindi	01:30 AM 03:31 AM 05:32 AM 07:33 AM 09:34 AM 11:35 AM 01:36 PM 03:37 PM 05:38 PM 07:38 PM 09:39 PM 11:40 PM
General	Nutrition_Health and Sanitation	English	01:38 AM 03:38 AM 05:39 AM 07:40 AM 09:41 AM 11:42 AM 01:43 PM 03:44 PM 05:45 PM 07:46 PM 09:47 PM 11:48 PM
General	Azadi ki Amrit Kahaniyan (Anshu Jamsenpa- Parvat)	English	01:44 AM 03:45 AM 05:46 AM 07:47 AM 09:48 AM 11:48 AM 01:49 PM 03:50 PM 05:51 PM 07:52 PM 09:53 PM 11:54 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	01:46 AM 03:47 AM 05:48 AM 07:49 AM 09:50 AM 11:51 AM 01:52 PM 03:53 PM 05:54 PM 07:54 PM 09:55 PM 11:56 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	01:47 AM 03:48 AM 05:49 AM 07:50 AM 09:51 AM 11:52 AM 01:53 PM 03:54 PM 05:55 PM 07:55 PM 09:56 PM 11:57 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	01:48 AM 03:49 AM 05:50 AM 07:51 AM 09:52 AM 11:53 AM 01:54 PM 03:55 PM 05:56 PM 07:56 PM 09:57 PM 11:58 PM
General	Safe Use of Internet_Gadgets and Media	English	01:49 AM 03:50 AM 05:51 AM 07:52 AM 09:53 AM 11:54 AM 01:55 PM 03:56 PM 05:56 PM 07:57 PM 09:58 PM 11:59 PM
General	पारस्परिक संबंध	Hindi	01:55 AM 03:56 AM 05:57 AM 07:58 AM 09:59 AM 12:00 PM 02:01 PM 04:02 PM 06:02 PM 08:03 PM 10:04 PM
शुक्रवार, 30 जनवरी 2026 Friday, 30 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM 02:01 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:02 AM 06:03 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:06 PM 06:07 PM 08:08 PM 10:08 PM
General	गुरु नानक प्रकाश पर्व	Hindi	12:04 AM 02:05 AM 04:05 AM 06:06 AM 08:07 AM 10:07 AM 12:08 PM 02:09 PM 04:09 PM 06:10 PM 08:11 PM 10:11 PM



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General	Emotional well being and mental health	English	12:16 AM 02:17 AM 04:17 AM 06:18 AM 08:19 AM 10:19 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:23 PM 10:23 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:21 AM 02:21 AM 04:22 AM 06:23 AM 08:24 AM 10:24 AM 12:25 PM 02:26 PM 04:26 PM 06:27 PM 08:28 PM 10:28 PM
General	Interpersonal Relationships	English	12:26 AM 02:26 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:30 PM 02:31 PM 04:31 PM 06:32 PM 08:33 PM 10:33 PM
General	पारस्परिक संबंध	Hindi	12:30 AM 02:31 AM 04:32 AM 06:32 AM 08:33 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:37 PM 08:37 PM 10:38 PM
General	Value and responsible Citizenship	English	12:36 AM 02:36 AM 04:37 AM 06:38 AM 08:38 AM 10:39 AM 12:40 PM 02:41 PM 04:41 PM 06:42 PM 08:43 PM 10:43 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:41 AM 02:41 AM 04:42 AM 06:43 AM 08:43 AM 10:44 AM 12:45 PM 02:46 PM 04:46 PM 06:47 PM 08:48 PM 10:48 PM
General	Gender Equality	English	12:46 AM 02:47 AM 04:48 AM 06:48 AM 08:49 AM 10:50 AM 12:50 PM 02:51 PM 04:52 PM 06:52 PM 08:53 PM 10:54 PM
General	जेंडर समानता	Hindi	12:53 AM 02:54 AM 04:55 AM 06:55 AM 08:56 AM 10:57 AM 12:58 PM 02:58 PM 04:59 PM 07:00 PM 09:00 PM 11:01 PM
General	Nutrition_Health and Sanitation	English	01:01 AM 03:01 AM 05:02 AM 07:03 AM 09:04 AM 11:04 AM 01:05 PM 03:06 PM 05:06 PM 07:07 PM 09:08 PM 11:08 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:07 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:11 AM 01:11 PM 03:12 PM 05:13 PM 07:13 PM 09:14 PM 11:15 PM
General	इनोवेटिव टीचर	Hindi	01:14 AM 03:14 AM 05:15 AM 07:16 AM 09:17 AM 11:17 AM 01:18 PM 03:19 PM 05:19 PM 07:20 PM 09:21 PM 11:21 PM
General	हिंदी शब्दकोष	Hindi	01:29 AM 03:30 AM 05:31 AM 07:31 AM 09:32 AM 11:33 AM 01:33 PM 03:34 PM 05:35 PM 07:35 PM 09:36 PM 11:37 PM



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Dish TV Channel #2026

General	Introduction to waste segregation & dry and wet bins	English	01:47 AM 03:47 AM 05:48 AM 07:49 AM 09:49 AM 11:50 AM 01:51 PM 03:51 PM 05:52 PM 07:53 PM 09:53 PM 11:54 PM
शनिवार, 31 जनवरी 2026 Saturday, 31 January 2026			
General	Montage	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:02 PM 08:02 PM 10:02 PM
General	Class 5 Channel Detail & Time Table	English/ hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM 02:01 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:03 PM 10:03 PM
General	आज़ादी की अमृत कहानियाँ (अंशु जमसेपा- पर्वत)	Hindi	12:04 AM 02:04 AM 04:04 AM 06:05 AM 08:05 AM 10:05 AM 12:05 PM 02:06 PM 04:06 PM 06:06 PM 08:06 PM 10:07 PM
English	Crying	English/ hindi	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:07 AM 10:07 AM 12:08 PM 02:08 PM 04:08 PM 06:08 PM 08:09 PM 10:09 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:16 AM 02:16 AM 04:17 AM 06:17 AM 08:17 AM 10:17 AM 12:18 PM 02:18 PM 04:18 PM 06:18 PM 08:19 PM 10:19 PM
General	आज़ादी की अमृत कहानियाँ (ट्रेलर)	Hindi	12:22 AM 02:22 AM 04:22 AM 06:22 AM 08:23 AM 10:23 AM 12:23 PM 02:23 PM 04:24 PM 06:24 PM 08:24 PM 10:24 PM
General	जेंडर समानता	Hindi	12:23 AM 02:23 AM 04:23 AM 06:24 AM 08:24 AM 10:24 AM 12:24 PM 02:25 PM 04:25 PM 06:25 PM 08:25 PM 10:26 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:30 AM 02:31 AM 04:31 AM 06:31 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:32 PM 06:32 PM 08:33 PM 10:33 PM



Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:37 AM 02:37 AM 04:37 AM 06:38 AM 08:38 AM 10:38 AM 12:38 PM 02:39 PM 04:39 PM 06:39 PM 08:39 PM 10:40 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:38 AM 02:38 AM 04:38 AM 06:38 AM 08:39 AM 10:39 AM 12:39 PM 02:39 PM 04:40 PM 06:40 PM 08:40 PM 10:40 PM
General	ध्यान	Hindi	12:44 AM 02:44 AM 04:44 AM 06:45 AM 08:45 AM 10:45 AM 12:45 PM 02:45 PM 04:46 PM 06:46 PM 08:46 PM 10:46 PM
General	गुरु नानक प्रकाश पर्व	Hindi	12:48 AM 02:48 AM 04:48 AM 06:49 AM 08:49 AM 10:49 AM 12:49 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
General	इनोवेटिव टीचर	Hindi	01:00 AM 03:00 AM 05:00 AM 07:00 AM 09:01 AM 11:01 AM 01:01 PM 03:01 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
Cold Wave	Cold Wave - Preparation	Hindi	01:15 AM 03:15 AM 05:16 AM 07:16 AM 09:16 AM 11:16 AM 01:17 PM 03:17 PM 05:17 PM 07:17 PM 09:18 PM 11:18 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:17 AM 03:17 AM 05:17 AM 07:17 AM 09:17 AM 11:18 AM 01:18 PM 03:18 PM 05:18 PM 07:19 PM 09:19 PM 11:19 PM
General	Introduction to waste segregation & dry and wet bins	English	01:17 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:19 AM 01:19 PM 03:19 PM 05:19 PM 07:20 PM 09:20 PM 11:20 PM
General	Real life situations- garbage burning and what to do	English	01:31 AM 03:31 AM 05:32 AM 07:32 AM 09:32 AM 11:32 AM 01:33 PM 03:33 PM 05:33 PM 07:33 PM 09:33 PM 11:34 PM



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General	आज़ादी की अमृत कहानियाँ (हर्षिनी कान्हेकर - अग्नि)	Hindi	01:55 AM 03:55 AM 05:56 AM 07:56 AM 09:56 AM 11:56 AM 01:57 PM 03:57 PM 05:57 PM 07:57 PM 09:57 PM 11:58 PM
General	आज़ादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)	Hindi	01:57 AM 03:58 AM 05:58 AM 07:58 AM 09:58 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 08:00 PM 10:00 PM



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