

कक्षा - 6 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 6

कक्षा - 6 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 6

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
विज्ञान	गणित	विज्ञान	गणित	विज्ञान	गणित	शारीरिक शिक्षा
भूगोल	हिन्दी	संस्कृत	इतिहास	हिन्दी	संस्कृत	राजनीति विज्ञान
English	Geography	History	English	Political Science	Mathematics	Activities Mathematics/ Science
Mathematics	Science	Mathematics	Science	Mathematics	Science	History
Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education

☞ 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/28.

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

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

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



DD Free Dish Channel #28



8800440559



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कक्षा - 6 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 6

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 English	Episode 8 Making Requests 2	English	12:00 AM 02:14 AM 04:29 AM 06:43 AM 08:58 AM 11:13 AM 01:27 PM 03:42 PM 05:56 PM 08:11 PM 10:26 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:09 AM 02:23 AM 04:38 AM 06:52 AM 09:07 AM 11:22 AM 01:36 PM 03:51 PM 06:05 PM 08:20 PM 10:35 PM
Storytelling/Value Education	आम की टोकरी	Hindi	12:10 AM 02:24 AM 04:39 AM 06:53 AM 09:08 AM 11:23 AM 01:37 PM 03:52 PM 06:06 PM 08:21 PM 10:36 PM
Science activity	Making a magnet using an iron nail Stroke method	English	12:17 AM 02:32 AM 04:47 AM 07:01 AM 09:16 AM 11:31 AM 01:45 PM 04:00 PM 06:14 PM 08:29 PM 10:44 PM
Disaster management	Cold Wave - Chilblains	Hindi	12:25 AM 02:40 AM 04:55 AM 07:09 AM 09:24 AM 11:38 AM 01:53 PM 04:08 PM 06:22 PM 08:37 PM 10:51 PM
Disaster management	Cold Wave - Preparation	Hindi	12:39 AM 02:53 AM 05:08 AM 07:23 AM 09:37 AM 11:52 AM 02:06 PM 04:21 PM 06:36 PM 08:50 PM 11:05 PM



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Vocational Videos	टूल बॉक्स	Hindi	12:40 AM 02:55 AM 05:09 AM 07:24 AM 09:38 AM 11:53 AM 02:08 PM 04:22 PM 06:37 PM 08:52 PM 11:06 PM
General	Dhyana	English	01:03 AM 03:17 AM 05:32 AM 07:47 AM 10:01 AM 12:16 PM 02:30 PM 04:45 PM 07:00 PM 09:14 PM 11:29 PM
English	Neem Baba	English	01:07 AM 03:21 AM 05:36 AM 07:51 AM 10:05 AM 12:20 PM 02:34 PM 04:49 PM 07:04 PM 09:18 PM 11:33 PM
General	Pawanmuktasana	English	01:19 AM 03:34 AM 05:48 AM 08:03 AM 10:18 AM 12:32 PM 02:47 PM 05:02 PM 07:16 PM 09:31 PM 11:45 PM
Disaster management	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:22 AM 03:37 AM 05:51 AM 08:06 AM 10:21 AM 12:35 PM 02:50 PM 05:05 PM 07:19 PM 09:34 PM 11:48 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:39 AM 03:53 AM 06:08 AM 08:23 AM 10:37 AM 12:52 PM 03:06 PM 05:21 PM 07:36 PM 09:50 PM
शुक्रवार, 02 जनवरी 2026 Friday, 02 January 2026			
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
Cultural Heritage: Art, Music & Dance	Dance Competition: Boys Delhi	English	12:27 AM 02:27 AM 04:27 AM 06:27 AM 08:27 AM 10:27 AM 12:27 PM 02:27 PM 04:27 PM 06:27 PM 08:27 PM 10:28 PM
Mathematics	PATTERNS IN MATHEMATICS	English	12:33 AM 02:33 AM 04:33 AM 06:33 AM 08:33 AM 10:33 AM 12:33 PM 02:33 PM 04:33 PM 06:33 PM 08:33 PM 10:34 PM



General	पवनमुक्तासन	Hindi	12:42 AM 02:42 AM 04:42 AM 06:42 AM 08:42 AM 10:43 AM 12:43 PM 02:43 PM 04:43 PM 06:43 PM 08:43 PM 10:43 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:51 AM 12:51 PM 02:51 PM 04:51 PM 06:51 PM 08:51 PM 10:51 PM
Vocational Videos	Seed Germination	English	01:06 AM 03:06 AM 05:06 AM 07:06 AM 09:06 AM 11:06 AM 01:06 PM 03:06 PM 05:06 PM 07:06 PM 09:06 PM 11:06 PM
General	Setu Bandhasana	English	01:12 AM 03:12 AM 05:12 AM 07:12 AM 09:12 AM 11:13 AM 01:13 PM 03:13 PM 05:13 PM 07:13 PM 09:13 PM 11:13 PM
Hindi	पेड़ की बात	हिन्दी	01:27 AM 03:27 AM 05:27 AM 07:27 AM 09:27 AM 11:27 AM 01:27 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM
Disaster management	Cold Wave - Chilblains	Hindi	01:37 AM 03:37 AM 05:37 AM 07:37 AM 09:37 AM 11:37 AM 01:37 PM 03:37 PM 05:37 PM 07:37 PM 09:37 PM 11:37 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	01:38 AM 03:38 AM 05:38 AM 07:38 AM 09:38 AM 11:38 AM 01:38 PM 03:38 PM 05:38 PM 07:38 PM 09:38 PM 11:38 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	01:39 AM 03:39 AM 05:39 AM 07:39 AM 09:39 AM 11:39 AM 01:39 PM 03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:39 PM
General	Shalabhasana	English	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:40 PM 11:40 PM



Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:42 AM 11:42 AM 01:42 PM 03:42 PM 05:42 PM 07:43 PM 09:43 PM 11:43 PM
Disaster management	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:49 AM 03:49 AM 05:50 AM 07:50 AM 09:50 AM 11:50 AM 01:50 PM 03:50 PM 05:50 PM 07:50 PM 09:50 PM 11:50 PM
General	Shashankasana	English	01:50 AM 03:50 AM 05:50 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:51 PM 09:51 PM 11:51 PM
शनिवार, 03 जनवरी 2026 Saturday, 03 January 2026			
English (Honeysuckle)	Beauty	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 08:05 PM 10:05 PM
General	सूर्य नमस्कार	Hindi	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:08 AM 10:08 AM 12:09 PM 02:09 PM 04:10 PM 06:10 PM 08:11 PM 10:11 PM
Art & Craft	3DPopupHouseAmazing gPopupGreetingCardE nglish	English	12:12 AM 02:13 AM 04:13 AM 06:14 AM 08:15 AM 10:15 AM 12:16 PM 02:16 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
General Awareness	क्षेत्रफल	Hindi	12:16 AM 02:17 AM 04:17 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	Trikonasana	English	12:41 AM 02:42 AM 04:43 AM 06:43 AM 08:44 AM 10:44 AM 12:45 PM 02:45 PM 04:46 PM 06:46 PM 08:47 PM 10:47 PM



Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:50 AM 10:51 AM 12:51 PM 02:52 PM 04:53 PM 06:53 PM 08:54 PM 10:54 PM
Disaster management	Cold Wave - Chilblains	Hindi	12:55 AM 02:55 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:01 PM
Disaster management	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:56 AM 02:56 AM 04:57 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 11:02 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	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 07:02 PM 09:03 PM 11:03 PM
Art & Craft	पानी का फव्वारा	Hindi	12:58 AM 02:59 AM 04:59 AM 07:00 AM 09:00 AM 11:01 AM 01:01 PM 03:02 PM 05:03 PM 07:03 PM 09:04 PM 11:04 PM
General	Vrikshasana	English	01:22 AM 03:22 AM 05:23 AM 07:23 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
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	01:28 AM 03:28 AM 05:29 AM 07:30 AM 09:30 AM 11:31 AM 01:31 PM 03:32 PM 05:32 PM 07:33 PM 09:33 PM 11:34 PM
Vocational Videos	Seed Germination	English	01:52 AM 03:53 AM 05:53 AM 07:54 AM 09:54 AM 11:55 AM 01:56 PM 03:56 PM 05:57 PM 07:57 PM 09:58 PM 11:58 PM



रविवार, 04 जनवरी 2026
Sunday, 04 January 2026

Storytelling/Value Education	राख की रस्सी	Hindi	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
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:16 PM
General	Ustrasana	English	12:23 AM 02:23 AM 04:23 AM 06:23 AM 08:24 AM 10:24 AM 12:24 PM 02:24 PM 04:24 PM 06:24 PM 08:25 PM 10:25 PM
Mathematics	Tessalation Of Various Shapes(Ch-4)	English	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:27 AM 10:27 AM 12:27 PM 02:27 PM 04:27 PM 06:27 PM 08:28 PM 10:28 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:45 AM 02:46 AM 04:46 AM 06:46 AM 08:46 AM 10:46 AM 12:46 PM 02:47 PM 04:47 PM 06:47 PM 08:47 PM 10:47 PM
General	उष्ट्रासन	Hindi	12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:57 PM 02:57 PM 04:57 PM 06:57 PM 08:58 PM 10:58 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	01:16 AM 03:16 AM 05:16 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:18 PM 09:18 PM 11:18 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	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
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:45 AM 03:45 AM 05:46 AM 07:46 AM 09:46 AM 11:46 AM 01:46 PM 03:46 PM 05:47 PM 07:47 PM 09:47 PM 11:47 PM



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Dish TV Channel #2027

Science (Activities)	Activity 3- Winnowing (ch-5)	English	01:52 AM 03:53 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:54 PM 05:54 PM 07:54 PM 09:54 PM 11:54 PM
सोमवार, 05 जनवरी 2026 Monday, 05 January 2026			
English	THE RAVEN AND THE FOX	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
Art & Craft	3DPopupHouseAmazing gPopUpGreetingCardEnglish	English	12:10 AM 02:10 AM 04:11 AM 06:12 AM 08:13 AM 10:13 AM 12:14 PM 02:15 PM 04:16 PM 06:16 PM 08:17 PM 10:18 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:14 AM 02:14 AM 04:15 AM 06:16 AM 08:16 AM 10:17 AM 12:18 PM 02:19 PM 04:19 PM 06:20 PM 08:21 PM 10:21 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:28 AM 02:29 AM 04:29 AM 06:30 AM 08:31 AM 10:31 AM 12:32 PM 02:33 PM 04:34 PM 06:34 PM 08:35 PM 10:36 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:43 AM 02:43 AM 04:44 AM 06:45 AM 08:45 AM 10:46 AM 12:47 PM 02:48 PM 04:48 PM 06:49 PM 08:50 PM 10:50 PM
General	Vajrasana	English	12:52 AM 02:53 AM 04:53 AM 06:54 AM 08:55 AM 10:56 AM 12:56 PM 02:57 PM 04:58 PM 06:58 PM 08:59 PM 11:00 PM
General	वज्रासन	Hindi	12:55 AM 02:55 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 11:03 PM
General	Vakrasana	English	12:57 AM 02:58 AM 04:59 AM 06:59 AM 09:00 AM 11:01 AM 01:02 PM 03:02 PM 05:03 PM 07:04 PM 09:04 PM 11:05 PM



General	राष्ट्रगान	English/hindi	01:00 AM 03:01 AM 05:01 AM 07:02 AM 09:03 AM 11:03 AM 01:04 PM 03:05 PM 05:06 PM 07:06 PM 09:07 PM 11:08 PM
Disaster management	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:01 AM 03:02 AM 05:02 AM 07:03 AM 09:04 AM 11:05 AM 01:05 PM 03:06 PM 05:07 PM 07:07 PM 09:08 PM 11:09 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	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 05:08 PM 07:08 PM 09:09 PM 11:10 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	01:03 AM 03:03 AM 05:04 AM 07:05 AM 09:06 AM 11:06 AM 01:07 PM 03:08 PM 05:08 PM 07:09 PM 09:10 PM 11:11 PM
Mathematics	Lines and Angles	English	01:19 AM 03:19 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 11:27 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:30 AM 03:30 AM 05:31 AM 07:32 AM 09:33 AM 11:33 AM 01:34 PM 03:35 PM 05:35 PM 07:36 PM 09:37 PM 11:38 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	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 05:41 PM 07:42 PM 09:42 PM 11:43 PM
Science (Activities)	Activity 4- Sieving (ch-5)	English	01:56 AM 03:57 AM 05:58 AM 07:58 AM 09:59 AM 12:00 PM 02:01 PM 04:01 PM 06:02 PM 08:03 PM 10:03 PM



मंगलवार, 06 जनवरी 2026
Tuesday, 06 January 2026

General	निपुण भारत	Hindi	12:00 AM 02:12 AM 04:24 AM 06:37 AM 08:49 AM 11:02 AM 01:14 PM 03:27 PM 05:39 PM 07:51 PM 10:04 PM
General	MOTHER EARTH Prakriti English Subtitles	English	12:07 AM 02:19 AM 04:32 AM 06:44 AM 08:57 AM 11:09 AM 01:21 PM 03:34 PM 05:46 PM 07:59 PM 10:11 PM
General	Energy Saving	English	12:13 AM 02:25 AM 04:37 AM 06:50 AM 09:02 AM 11:15 AM 01:27 PM 03:40 PM 05:52 PM 08:04 PM 10:17 PM
Art & Craft	छोटा है या बड़ा	Hindi	12:14 AM 02:27 AM 04:39 AM 06:51 AM 09:04 AM 11:16 AM 01:29 PM 03:41 PM 05:54 PM 08:06 PM 10:18 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:34 AM 02:46 AM 04:58 AM 07:11 AM 09:23 AM 11:36 AM 01:48 PM 04:01 PM 06:13 PM 08:25 PM 10:38 PM
General	Waste Reduced	English	12:44 AM 02:56 AM 05:09 AM 07:21 AM 09:34 AM 11:46 AM 01:59 PM 04:11 PM 06:23 PM 08:36 PM 10:48 PM
General	Introduction to MISSION LIFE	English	12:45 AM 02:58 AM 05:10 AM 07:23 AM 09:35 AM 11:48 AM 02:00 PM 04:12 PM 06:25 PM 08:37 PM 10:50 PM
General	zoological-Survey-of-i ndia	English	12:48 AM 03:00 AM 05:13 AM 07:25 AM 09:38 AM 11:50 AM 02:02 PM 04:15 PM 06:27 PM 08:40 PM 10:52 PM
Hindi	पेड़ की बात	हिन्दी	12:50 AM 03:03 AM 05:15 AM 07:28 AM 09:40 AM 11:52 AM 02:05 PM 04:17 PM 06:30 PM 08:42 PM 10:55 PM



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Vocational Videos	Preparing ORS at Home	English	01:00 AM 03:13 AM 05:25 AM 07:37 AM 09:50 AM 12:02 PM 02:15 PM 04:27 PM 06:40 PM 08:52 PM 11:04 PM
Disaster management	Cold Wave - Chilblains	Hindi	01:06 AM 03:18 AM 05:31 AM 07:43 AM 09:56 AM 12:08 PM 02:20 PM 04:33 PM 06:45 PM 08:58 PM 11:10 PM
Disaster management	Cold Wave - Preparation	Hindi	01:32 AM 03:44 AM 05:56 AM 08:09 AM 10:21 AM 12:34 PM 02:46 PM 04:59 PM 07:11 PM 09:23 PM 11:36 PM
Disaster management	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:33 AM 03:45 AM 05:58 AM 08:10 AM 10:23 AM 12:35 PM 02:47 PM 05:00 PM 07:12 PM 09:25 PM 11:37 PM
Disaster management	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:34 AM 03:46 AM 05:59 AM 08:11 AM 10:23 AM 12:36 PM 02:48 PM 05:01 PM 07:13 PM 09:26 PM 11:38 PM
General	Values and Types of Wetlands Part -2	English	01:35 AM 03:47 AM 05:59 AM 08:12 AM 10:24 AM 12:37 PM 02:49 PM 05:02 PM 07:14 PM 09:26 PM 11:39 PM
बुधवार, 07 जनवरी 2026 Wednesday, 07 January 2026			
Art & Craft	A Sunrise at Ganga Sagar	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 04:06 PM 06:07 PM 08:08 PM 10:09 PM
General	Growing up Healthy	English	12:21 AM 02:21 AM 04:22 AM 06:23 AM 08:24 AM 10:25 AM 12:26 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:30 PM
General	Values and Types of Wetlands Part -2	English	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:33 PM 02:33 PM 04:34 PM 06:35 PM 08:36 PM 10:37 PM



General (Wetland)	Values and Types of Wetlands Part -2	English	12:37 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 06:44 PM 08:45 PM 10:46 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	01:00 AM 03:01 AM 05:02 AM 07:03 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
Disaster management	Cold Wave - Preparation	Hindi	01:19 AM 03:20 AM 05:21 AM 07:22 AM 09:23 AM 11:24 AM 01:24 PM 03:25 PM 05:26 PM 07:27 PM 09:28 PM 11:29 PM
Disaster management	Cold Wave - Chilblains	Hindi	01:21 AM 03:21 AM 05:22 AM 07:23 AM 09:24 AM 11:25 AM 01:26 PM 03:27 PM 05:28 PM 07:28 PM 09:29 PM 11:30 PM
Mathematics	PATTERNS IN MATHEMATICS	English	01:22 AM 03:22 AM 05:23 AM 07:24 AM 09:25 AM 11:26 AM 01:27 PM 03:28 PM 05:29 PM 07:29 PM 09:30 PM 11:31 PM
General	Interpersonal Relationships	English	01:31 AM 03:32 AM 05:33 AM 07:34 AM 09:34 AM 11:35 AM 01:36 PM 03:37 PM 05:38 PM 07:39 PM 09:40 PM 11:40 PM
General	पारस्परिक संबंध	Hindi	01:38 AM 03:39 AM 05:40 AM 07:41 AM 09:42 AM 11:43 AM 01:43 PM 03:44 PM 05:45 PM 07:46 PM 09:47 PM 11:48 PM
बृहस्पतिवार, 08 जनवरी 2026 Thursday, 08 January 2026			
General	ध्यान	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 08:02 PM 10:02 PM
General	Nutrition_Health and Sanitation	English	12:05 AM 02:05 AM 04:05 AM 06:05 AM 08:06 AM 10:06 AM 12:06 PM 02:06 PM 04:06 PM 06:07 PM 08:07 PM 10:07 PM



Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:11 AM 02:11 AM 04:12 AM 06:12 AM 08:12 AM 10:12 AM 12:12 PM 02:13 PM 04:13 PM 06:13 PM 08:13 PM 10:13 PM
Disaster management	Coldwave – Do's and don'ts of a cold wave for people residing in hilly regions	English	12:18 AM 02:19 AM 04:19 AM 06:19 AM 08:19 AM 10:19 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:20 PM 10:21 PM
Disaster management	Coldwave – How can senior citizens protect themselves from a cold-wave	English	12:55 AM 02:55 AM 04:56 AM 06:56 AM 08:56 AM 10:56 AM 12:56 PM 02:57 PM 04:57 PM 06:57 PM 08:57 PM 10:57 PM
English	Neem Baba	English	12:56 AM 02:56 AM 04:56 AM 06:57 AM 08:57 AM 10:57 AM 12:57 PM 02:57 PM 04:58 PM 06:58 PM 08:58 PM 10:58 PM
Health, Physical Education/Yoga/ Sports	प्राणायाम और ध्यान	Hindi	01:08 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:09 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:10 PM 11:11 PM
General	Prevention and Management of Substance Misuse	English	01:39 AM 03:39 AM 05:39 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
शुक्रवार, 09 जनवरी 2026 Friday, 09 January 2026			
General	Promotion of Healthy Lifestyle	English	12:00 AM 01:42 AM 03:24 AM 05:06 AM 06:48 AM 08:30 AM 10:12 AM 11:55 AM 01:37 PM 03:19 PM 05:01 PM 06:43 PM 08:25 PM 10:07 PM 11:50 PM
Disaster management	Cold Wave – Preparation	Hindi	12:07 AM 01:49 AM 03:31 AM 05:13 AM 06:55 AM 08:37 AM 10:20 AM 12:02 PM 01:44 PM 03:26 PM 05:08 PM 06:50 PM 08:32 PM 10:15 PM 11:57 PM



Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	12:08 AM 01:50 AM 03:32 AM 05:14 AM 06:57 AM 08:39 AM 10:21 AM 12:03 PM 01:45 PM 03:27 PM 05:09 PM 06:52 PM 08:34 PM 10:16 PM 11:58 PM
General	Reproductive Health and HIV Prevention	English	12:13 AM 01:55 AM 03:37 AM 05:20 AM 07:02 AM 08:44 AM 10:26 AM 12:08 PM 01:50 PM 03:33 PM 05:15 PM 06:57 PM 08:39 PM 10:21 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:19 AM 02:01 AM 03:43 AM 05:25 AM 07:07 AM 08:49 AM 10:32 AM 12:14 PM 01:56 PM 03:38 PM 05:20 PM 07:02 PM 08:44 PM 10:27 PM
Hindi	पेड़ की बात	हिन्दी	12:25 AM 02:08 AM 03:50 AM 05:32 AM 07:14 AM 08:56 AM 10:38 AM 12:20 PM 02:03 PM 03:45 PM 05:27 PM 07:09 PM 08:51 PM 10:33 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:35 AM 02:17 AM 04:00 AM 05:42 AM 07:24 AM 09:06 AM 10:48 AM 12:30 PM 02:12 PM 03:55 PM 05:37 PM 07:19 PM 09:01 PM 10:43 PM
Disaster management	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:36 AM 02:18 AM 04:01 AM 05:43 AM 07:25 AM 09:07 AM 10:49 AM 12:31 PM 02:13 PM 03:56 PM 05:38 PM 07:20 PM 09:02 PM 10:44 PM
Disaster management	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:37 AM 02:19 AM 04:02 AM 05:44 AM 07:26 AM 09:08 AM 10:50 AM 12:32 PM 02:14 PM 03:57 PM 05:39 PM 07:21 PM 09:03 PM 10:45 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:38 AM 02:20 AM 04:02 AM 05:44 AM 07:27 AM 09:09 AM 10:51 AM 12:33 PM 02:15 PM 03:57 PM 05:40 PM 07:22 PM 09:04 PM 10:46 PM
Disaster management	Cold Wave - Preparation	Hindi	12:39 AM 02:21 AM 04:03 AM 05:45 AM 07:28 AM 09:10 AM 10:52 AM 12:34 PM 02:16 PM 03:58 PM 05:41 PM 07:23 PM 09:05 PM 10:47 PM



General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:00 AM 02:42 AM 04:25 AM 06:07 AM 07:49 AM 09:31 AM 11:13 AM 12:55 PM 02:37 PM 04:20 PM 06:02 PM 07:44 PM 09:26 PM 11:08 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	01:32 AM 03:14 AM 04:56 AM 06:39 AM 08:21 AM 10:03 AM 11:45 AM 01:27 PM 03:09 PM 04:52 PM 06:34 PM 08:16 PM 09:58 PM 11:40 PM
शनिवार, 10 जनवरी 2026 Saturday, 10 January 2026			
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	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 06:13 PM 08:14 PM 10:16 PM
General	निपुण भारत	Hindi	12:05 AM 02:06 AM 04:07 AM 06:09 AM 08:10 AM 10:12 AM 12:13 PM 02:15 PM 04:16 PM 06:18 PM 08:19 PM 10:21 PM
General	Pawanmuktasana	English	12:06 AM 02:08 AM 04:09 AM 06:11 AM 08:12 AM 10:14 AM 12:15 PM 02:16 PM 04:18 PM 06:19 PM 08:21 PM 10:22 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:09 AM 02:11 AM 04:12 AM 06:14 AM 08:15 AM 10:17 AM 12:18 PM 02:20 PM 04:21 PM 06:22 PM 08:24 PM 10:25 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	12:10 AM 02:12 AM 04:13 AM 06:15 AM 08:16 AM 10:18 AM 12:19 PM 02:21 PM 04:22 PM 06:23 PM 08:25 PM 10:26 PM
General Awareness	बात पते की	Hindi	12:11 AM 02:13 AM 04:14 AM 06:16 AM 08:17 AM 10:19 AM 12:20 PM 02:21 PM 04:23 PM 06:24 PM 08:26 PM 10:27 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:26 AM 02:27 AM 04:29 AM 06:30 AM 08:32 AM 10:33 AM 12:35 PM 02:36 PM 04:38 PM 06:39 PM 08:41 PM 10:42 PM



General	Values and Types of Wetlands Part -2	English	12:41 AM 02:42 AM 04:44 AM 06:45 AM 08:47 AM 10:48 AM 12:49 PM 02:51 PM 04:52 PM 06:54 PM 08:55 PM 10:57 PM
Vocational Videos	प्लंबिंग टूल	Hindi	12:49 AM 02:50 AM 04:52 AM 06:53 AM 08:55 AM 10:56 AM 12:57 PM 02:59 PM 05:00 PM 07:02 PM 09:03 PM 11:05 PM
General English	Episode 1 Greeting a Friend	English	01:03 AM 03:04 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 09:18 PM 11:19 PM
General English	Episode 8 Making Requests 2	English	01:12 AM 03:13 AM 05:15 AM 07:16 AM 09:18 AM 11:19 AM 01:21 PM 03:22 PM 05:24 PM 07:25 PM 09:27 PM 11:28 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	01:20 AM 03:21 AM 05:23 AM 07:24 AM 09:26 AM 11:27 AM 01:29 PM 03:30 PM 05:31 PM 07:33 PM 09:34 PM 11:36 PM
हिन्दी (दूर्वा)	पर्वत	Hindi	01:39 AM 03:40 AM 05:42 AM 07:43 AM 09:45 AM 11:46 AM 01:48 PM 03:49 PM 05:51 PM 07:52 PM 09:54 PM 11:55 PM
General	Values and Types of Wetlands Part -2	English	01:53 AM 03:54 AM 05:56 AM 07:57 AM 09:59 AM 12:00 PM 02:02 PM 04:03 PM 06:05 PM 08:06 PM 10:08 PM
रविवार, 11 जनवरी 2026 Sunday, 11 January 2026			
Creative Activities: Art & Craft	Pals Climb Peaks	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 06:01 PM 08:02 PM 10:02 PM
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	12:04 AM 02:04 AM 04:04 AM 06:05 AM 08:05 AM 10:05 AM 12:05 PM 02:05 PM 04:06 PM 06:06 PM 08:06 PM 10:06 PM



Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	12:15 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:16 AM 12:16 PM 02:16 PM 04:17 PM 06:17 PM 08:17 PM 10:17 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	12:24 AM 02:24 AM 04:24 AM 06:24 AM 08:25 AM 10:25 AM 12:25 PM 02:25 PM 04:25 PM 06:26 PM 08:26 PM 10:26 PM
Art & Craft	पानी का फव्वारा	Hindi	12:38 AM 02:38 AM 04:39 AM 06:39 AM 08:39 AM 10:39 AM 12:39 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:41 PM
General English	Episode 1 Greeting a Friend	English	12:46 AM 02:46 AM 04:47 AM 06:47 AM 08:47 AM 10:47 AM 12:48 PM 02:48 PM 04:48 PM 06:48 PM 08:48 PM 10:49 PM
General	Values and Types of Wetlands Part -2	English	12:54 AM 02:55 AM 04:55 AM 06:55 AM 08:55 AM 10:55 AM 12:56 PM 02:56 PM 04:56 PM 06:56 PM 08:57 PM 10:57 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:02 AM 03:03 AM 05:03 AM 07:03 AM 09:03 AM 11:04 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:05 PM 11:05 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:41 AM 03:41 AM 05:42 AM 07:42 AM 09:42 AM 11:42 AM 01:43 PM 03:43 PM 05:43 PM 07:43 PM 09:43 PM 11:44 PM
General	Ardha Chakrasana	English	01:53 AM 03:53 AM 05:54 AM 07:54 AM 09:54 AM 11:54 AM 01:54 PM 03:55 PM 05:55 PM 07:55 PM 09:55 PM 11:56 PM
General	अर्ध चक्रासन	Hindi	01:55 AM 03:55 AM 05:56 AM 07:56 AM 09:56 AM 11:56 AM 01:56 PM 03:57 PM 05:57 PM 07:57 PM 09:57 PM 11:58 PM



सोमवार, 12 जनवरी 2026
Monday, 12 January 2026

Creative Activities: Art & Craft	Paper Glider	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 04:00 PM 06:01 PM 08:01 PM 10:01 PM
Storytelling/Value Education	आम की टोकरी	Hindi	12:04 AM 02:04 AM 04:04 AM 06:04 AM 08:04 AM 10:04 AM 12:04 PM 02:05 PM 04:05 PM 06:05 PM 08:05 PM 10:05 PM
Art & Craft	3DPopupHouseAmazing gPopUpGreetingCardEnglish	English	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:07 AM 10:07 AM 12:07 PM 02:07 PM 04:07 PM 06:07 PM 08:07 PM 10:08 PM
English	THE RAVEN AND THE FOX	English	12:10 AM 02:10 AM 04:10 AM 06:10 AM 08:10 AM 10:11 AM 12:11 PM 02:11 PM 04:11 PM 06:11 PM 08:11 PM 10:11 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:20 AM 10:20 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:20 PM 10:20 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:22 AM 02:22 AM 04:23 AM 06:23 AM 08:23 AM 10:23 AM 12:23 PM 02:23 PM 04:23 PM 06:23 PM 08:23 PM 10:24 PM
Science (Activities)	Activity 9- More of a substance can be dissolved in a solution by heating it(ch-5)	English	12:29 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:30 PM 10:30 PM
General Awareness	Air Pollution	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 06:35 PM 08:36 PM 10:36 PM
Disaster management	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:05 AM 11:05 AM 01:05 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM



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Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	01:05 AM 03:05 AM 05:05 AM 07:05 AM 09:05 AM 11:05 AM 01:06 PM 03:06 PM 05:06 PM 07:06 PM 09:06 PM 11:06 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:06 AM 03:06 AM 05:06 AM 07:06 AM 09:06 AM 11:06 AM 01:07 PM 03:07 PM 05:07 PM 07:07 PM 09:07 PM 11:07 PM
General	भुजंगासन	Hindi	01:07 AM 03:07 AM 05:07 AM 07:07 AM 09:07 AM 11:07 AM 01:08 PM 03:08 PM 05:08 PM 07:08 PM 09:08 PM 11:08 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	01:09 AM 03:09 AM 05:10 AM 07:10 AM 09:10 AM 11:10 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:10 PM 11:11 PM
General	Dhyana	English	01:17 AM 03:17 AM 05:17 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:18 PM 07:18 PM 09:18 PM 11:18 PM
General	Pawanmuktasana	English	01:21 AM 03:21 AM 05:21 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:21 PM 05:22 PM 07:22 PM 09:22 PM 11:22 PM
General	Trikonasana	English	01:24 AM 03:24 AM 05:24 AM 07:24 AM 09:24 AM 11:24 AM 01:24 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:27 AM 11:27 AM 01:27 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:28 PM
Mathematics	Lines and Angles	English	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 11:31 PM



Vocational Videos	IDENTIFICATION OF TREES	English	01:40 AM 03:41 AM 05:41 AM 07:41 AM 09:41 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:42 PM 11:42 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:52 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:52 PM
मंगलवार, 13 जनवरी 2026 Tuesday, 13 January 2026			
General	Growing up Healthy	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:08 PM
General	पारस्परिक संबंध	Hindi	12:05 AM 02:06 AM 04:07 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
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:10 AM 02:11 AM 04:12 AM 06:13 AM 08:13 AM 10:14 AM 12:15 PM 02:16 PM 04:17 PM 06:17 PM 08:18 PM 10:19 PM
Hindi	पेड़ की बात	हिन्दी	12:28 AM 02:29 AM 04:30 AM 06:31 AM 08:31 AM 10:32 AM 12:33 PM 02:34 PM 04:35 PM 06:35 PM 08:36 PM 10:37 PM
General	जेंडर समानता	Hindi	12:38 AM 02:39 AM 04:40 AM 06:40 AM 08:41 AM 10:42 AM 12:43 PM 02:44 PM 04:44 PM 06:45 PM 08:46 PM 10:47 PM
General	Growing up Healthy	English	12:45 AM 02:46 AM 04:47 AM 06:48 AM 08:49 AM 10:49 AM 12:50 PM 02:51 PM 04:52 PM 06:53 PM 08:53 PM 10:54 PM
General	Nutrition_Health and Sanitation	English	12:50 AM 02:50 AM 04:51 AM 06:52 AM 08:53 AM 10:54 AM 12:54 PM 02:55 PM 04:56 PM 06:57 PM 08:58 PM 10:58 PM



Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:56 AM 02:57 AM 04:58 AM 06:58 AM 08:59 AM 11:00 AM 01:01 PM 03:02 PM 05:02 PM 07:03 PM 09:04 PM 11:05 PM
Disaster management	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:57 AM 02:58 AM 04:59 AM 06:59 AM 09:00 AM 11:01 AM 01:02 PM 03:03 PM 05:03 PM 07:04 PM 09:05 PM 11:06 PM
Disaster management	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:58 AM 02:59 AM 05:00 AM 07:00 AM 09:01 AM 11:02 AM 01:03 PM 03:04 PM 05:04 PM 07:05 PM 09:06 PM 11:07 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:59 AM 03:00 AM 05:00 AM 07:01 AM 09:02 AM 11:03 AM 01:04 PM 03:04 PM 05:05 PM 07:06 PM 09:07 PM 11:08 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:00 AM 03:01 AM 05:01 AM 07:02 AM 09:03 AM 11:04 AM 01:05 PM 03:05 PM 05:06 PM 07:07 PM 09:08 PM 11:09 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:33 AM 03:33 AM 05:34 AM 07:35 AM 09:36 AM 11:37 AM 01:37 PM 03:38 PM 05:39 PM 07:40 PM 09:41 PM 11:41 PM
General	Prevention and Management of Substance Misuse	English	01:43 AM 03:44 AM 05:45 AM 07:45 AM 09:46 AM 11:47 AM 01:48 PM 03:49 PM 05:49 PM 07:50 PM 09:51 PM 11:52 PM
General	Promotion of Healthy Lifestyle	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 07:55 PM 09:56 PM 11:57 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:54 AM 03:55 AM 05:56 AM 07:57 AM 09:57 AM 11:58 AM 01:59 PM 04:00 PM 06:01 PM 08:01 PM 10:02 PM



बुधवार, 14 जनवरी 2026
Wednesday, 14 January 2026

General	Emotional well being and mental health	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 10:05 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:08 AM 10:08 AM 12:09 PM 02:09 PM 04:10 PM 06:10 PM 08:11 PM 10:11 PM
General	Reproductive Health and HIV Prevention	English	12:16 AM 02:17 AM 04:17 AM 06:18 AM 08:18 AM 10:19 AM 12:19 PM 02:19 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM
Disaster management	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:22 AM 02:22 AM 04:23 AM 06:23 AM 08:24 AM 10:24 AM 12:24 PM 02:25 PM 04:25 PM 06:26 PM 08:26 PM 10:27 PM
Mathematics	PATTERNS IN MATHEMATICS	English	12:22 AM 02:23 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 08:27 PM 10:28 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:32 AM 02:32 AM 04:33 AM 06:33 AM 08:34 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:37 PM
Disaster management	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:33 AM 02:33 AM 04:34 AM 06:34 AM 08:35 AM 10:35 AM 12:36 PM 02:36 PM 04:37 PM 06:37 PM 08:37 PM 10:38 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:35 AM 10:36 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:38 PM 10:39 PM
General	Safety and Security against Violence and Injuries	English	12:53 AM 02:53 AM 04:54 AM 06:54 AM 08:55 AM 10:55 AM 12:56 PM 02:56 PM 04:57 PM 06:57 PM 08:58 PM 10:58 PM



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संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	12:58 AM 02:59 AM 04:59 AM 07:00 AM 09:00 AM 11:01 AM 01:01 PM 03:02 PM 05:02 PM 07:03 PM 09:03 PM 11:04 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:22 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 07:26 PM 09:27 PM 11:27 PM
General	निपुण भारत	Hindi	01:33 AM 03:33 AM 05:34 AM 07:34 AM 09:35 AM 11:35 AM 01:36 PM 03:36 PM 05:37 PM 07:37 PM 09:38 PM 11:38 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:34 AM 03:35 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 09:39 PM 11:40 PM
बृहस्पतिवार, 15 जनवरी 2026 Thursday, 15 January 2026			
General Awareness	क्षेत्रफल	Hindi	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
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:26 AM 02:27 AM 04:27 AM 06:27 AM 08:28 AM 10:28 AM 12:29 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:30 AM 02:30 AM 04:31 AM 06:31 AM 08:32 AM 10:32 AM 12:32 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:35 PM
Disaster management	Cold Wave - Chilblains	Hindi	12:52 AM 02:53 AM 04:53 AM 06:53 AM 08:54 AM 10:54 AM 12:55 PM 02:55 PM 04:55 PM 06:56 PM 08:56 PM 10:57 PM
English	Neem Baba	English	12:53 AM 02:54 AM 04:54 AM 06:54 AM 08:55 AM 10:55 AM 12:56 PM 02:56 PM 04:57 PM 06:57 PM 08:57 PM 10:58 PM



Creative Activities: Art & Craft	Cubical Dance	English	01:06 AM 03:06 AM 05:07 AM 07:07 AM 09:07 AM 11:08 AM 01:08 PM 03:09 PM 05:09 PM 07:09 PM 09:10 PM 11:10 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:23 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 07:26 PM 09:27 PM 11:27 PM
General	Bhadrasana	English	01:52 AM 03:53 AM 05:53 AM 07:53 AM 09:54 AM 11:54 AM 01:55 PM 03:55 PM 05:55 PM 07:56 PM 09:56 PM 11:57 PM
शुक्रवार, 16 जनवरी 2026 Friday, 16 January 2026			
General	भद्रासन	Hindi	12:00 AM 02:15 AM 04:30 AM 06:46 AM 09:01 AM 11:17 AM 01:32 PM 03:47 PM 06:03 PM 08:18 PM 10:34 PM
Hindi	पेड़ की बात	हिन्दी	12:03 AM 02:18 AM 04:34 AM 06:49 AM 09:05 AM 11:20 AM 01:35 PM 03:51 PM 06:06 PM 08:22 PM 10:37 PM
Storytelling/Value Education	आम की टोकरी	Hindi	12:18 AM 02:34 AM 04:49 AM 07:04 AM 09:20 AM 11:35 AM 01:51 PM 04:06 PM 06:21 PM 08:37 PM 10:52 PM
Science activity	Making a magnet using an iron nail Stroke method	English	12:21 AM 02:36 AM 04:52 AM 07:07 AM 09:22 AM 11:38 AM 01:53 PM 04:09 PM 06:24 PM 08:39 PM 10:55 PM
General	Bhujagasana	English	12:29 AM 02:44 AM 04:59 AM 07:15 AM 09:30 AM 11:46 AM 02:01 PM 04:16 PM 06:32 PM 08:47 PM 11:03 PM
General	भुजंगासन	Hindi	12:38 AM 02:53 AM 05:09 AM 07:24 AM 09:39 AM 11:55 AM 02:10 PM 04:26 PM 06:41 PM 08:56 PM 11:12 PM



Mathematics	Lines and Angles	English	12:40 AM 02:56 AM 05:11 AM 07:26 AM 09:42 AM 11:57 AM 02:13 PM 04:28 PM 06:43 PM 08:59 PM 11:14 PM
Vocational Videos	टूल बॉक्स	Hindi	01:14 AM 03:29 AM 05:44 AM 08:00 AM 10:15 AM 12:31 PM 02:46 PM 05:01 PM 07:17 PM 09:32 PM 11:48 PM
General	Dhyana	English	01:19 AM 03:34 AM 05:50 AM 08:05 AM 10:20 AM 12:36 PM 02:51 PM 05:07 PM 07:22 PM 09:37 PM 11:53 PM
Disaster management	Cold Wave - Chilblains	Hindi	01:23 AM 03:38 AM 05:54 AM 08:09 AM 10:25 AM 12:40 PM 02:55 PM 05:11 PM 07:26 PM 09:42 PM 11:57 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:39 AM 03:55 AM 06:10 AM 08:26 AM 10:41 AM 12:56 PM 03:12 PM 05:27 PM 07:43 PM 09:58 PM
शनिवार, 17 जनवरी 2026 Saturday, 17 January 2026			
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	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 08:02 PM 10:02 PM
Cultural Heritage: Art, Music & Dance	Dance Competition: Boys Delhi	English	12:27 AM 02:27 AM 04:27 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:28 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
General	पवनमुक्तासन	Hindi	12:33 AM 02:33 AM 04:33 AM 06:34 AM 08:34 AM 10:34 AM 12:34 PM 02:34 PM 04:35 PM 06:35 PM 08:35 PM 10:35 PM



Art & Craft	A Sunrise at Ganga Sagar	English	12:49 AM 02:49 AM 04:49 AM 06:49 AM 08:50 AM 10:50 AM 12:50 PM 02:50 PM 04:50 PM 06:51 PM 08:51 PM 10:51 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:05 AM 01:05 PM 03:05 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM
Vocational Videos	Seed Germination	English	01:17 AM 03:17 AM 05:18 AM 07:18 AM 09:18 AM 11:18 AM 01:18 PM 03:19 PM 05:19 PM 07:19 PM 09:19 PM 11:19 PM
Disaster management	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:24 AM 03:24 AM 05:24 AM 07:25 AM 09:25 AM 11:25 AM 01:25 PM 03:25 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM
General	Setu Bandhasana	English	01:37 AM 03:37 AM 05:37 AM 07:37 AM 09:38 AM 11:38 AM 01:38 PM 03:38 PM 05:38 PM 07:39 PM 09:39 PM 11:39 PM
General	सेतुबन्धासन	Hindi	01:39 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:41 PM 11:42 PM
General	Shalabhasana	English	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:43 AM 11:43 AM 01:43 PM 03:43 PM 05:43 PM 07:44 PM 09:44 PM 11:44 PM
General	शलभासन	Hindi	01:50 AM 03:51 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:52 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:53 PM



रविवार, 18 जनवरी 2026
Sunday, 18 January 2026

English (Honeysuckle)	Beauty	English/hindi	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	सूर्य नमस्कार	Hindi	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:08 AM 10:09 AM 12:09 PM 02:10 PM 04:11 PM 06:11 PM 08:12 PM 10:12 PM
General	ताड़ासन	Hindi	12:12 AM 02:13 AM 04:14 AM 06:14 AM 08:15 AM 10:15 AM 12:16 PM 02:17 PM 04:17 PM 06:18 PM 08:19 PM 10:19 PM
Art & Craft	3D Popup House Amazing g Popup Greeting Card English	English	12:15 AM 02:15 AM 04:16 AM 06:17 AM 08:17 AM 10:18 AM 12:18 PM 02:19 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM
General Awareness	क्षेत्रफल	Hindi	12:18 AM 02:19 AM 04:20 AM 06:20 AM 08:21 AM 10:21 AM 12:22 PM 02:23 PM 04:23 PM 06:24 PM 08:25 PM 10:25 PM
General	Trikonasana	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 10:51 PM
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:51 AM 02:51 AM 04:52 AM 06:52 AM 08:53 AM 10:54 AM 12:54 PM 02:55 PM 04:55 PM 06:56 PM 08:57 PM 10:57 PM



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Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	12:57 AM 02:58 AM 04:58 AM 06:59 AM 08:59 AM 11:00 AM 01:01 PM 03:01 PM 05:02 PM 07:02 PM 09:03 PM 11:04 PM
General	त्रिकोणासन	Hindi	01:05 AM 03:06 AM 05:06 AM 07:07 AM 09:07 AM 11:08 AM 01:09 PM 03:09 PM 05:10 PM 07:10 PM 09:11 PM 11:12 PM
Art & Craft	पानी का फव्वारा	Hindi	01:08 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:11 AM 01:11 PM 03:12 PM 05:12 PM 07:13 PM 09:14 PM 11:14 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	01:31 AM 03:32 AM 05:32 AM 07:33 AM 09:34 AM 11:34 AM 01:35 PM 03:35 PM 05:36 PM 07:37 PM 09:37 PM 11:38 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:32 AM 03:33 AM 05:33 AM 07:34 AM 09:34 AM 11:35 AM 01:36 PM 03:36 PM 05:37 PM 07:38 PM 09:38 PM 11:39 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	01:33 AM 03:34 AM 05:34 AM 07:35 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
General	Vrikshasana	English	01:34 AM 03:35 AM 05:35 AM 07:36 AM 09:36 AM 11:37 AM 01:38 PM 03:38 PM 05:39 PM 07:39 PM 09:40 PM 11:41 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	01:40 AM 03:41 AM 05:41 AM 07:42 AM 09:42 AM 11:43 AM 01:44 PM 03:44 PM 05:45 PM 07:46 PM 09:46 PM 11:47 PM



Vocational Videos	Seed Germination	English	01:52 AM 03:53 AM 05:54 AM 07:54 AM 09:55 AM 11:55 AM 01:56 PM 03:57 PM 05:57 PM 07:58 PM 09:59 PM 11:59 PM
सोमवार, 19 जनवरी 2026 Monday, 19 January 2026			
English	THE RAVEN AND THE FOX	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 04:02 PM 06:03 PM 08:03 PM 10:04 PM
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	12:10 AM 02:10 AM 04:11 AM 06:11 AM 08:11 AM 10:12 AM 12:12 PM 02:12 PM 04:13 PM 06:13 PM 08:13 PM 10:14 PM
General	Ustrasana	English	12:21 AM 02:22 AM 04:22 AM 06:23 AM 08:23 AM 10:23 AM 12:24 PM 02:24 PM 04:24 PM 06:25 PM 08:25 PM 10:25 PM
General Awareness	बात पते की	Hindi	12:24 AM 02:25 AM 04:25 AM 06:25 AM 08:26 AM 10:26 AM 12:27 PM 02:27 PM 04:27 PM 06:28 PM 08:28 PM 10:28 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:44 AM 02:44 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:46 PM 02:47 PM 04:47 PM 06:47 PM 08:48 PM 10:48 PM
General	उष्ट्रासन	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 04:57 PM 06:58 PM 08:58 PM 10:59 PM
Mathematics	Lines and Angles	English	01:15 AM 03:15 AM 05:15 AM 07:16 AM 09:16 AM 11:17 AM 01:17 PM 03:17 PM 05:18 PM 07:18 PM 09:18 PM 11:19 PM



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Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:33 AM 03:33 AM 05:33 AM 07:34 AM 09:34 AM 11:34 AM 01:35 PM 03:35 PM 05:35 PM 07:36 PM 09:36 PM 11:37 PM
Disaster management	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:53 AM 03:53 AM 05:54 AM 07:54 AM 09:54 AM 11:55 AM 01:55 PM 03:55 PM 05:56 PM 07:56 PM 09:57 PM 11:57 PM
Science (Activities)	Activity 3- Winnowing (ch-5)	English	01:59 AM 03:59 AM 05:59 AM 08:00 AM 10:00 AM 12:00 PM 02:01 PM 04:01 PM 06:02 PM 08:02 PM 10:02 PM
मंगलवार, 20 जनवरी 2026 Tuesday, 20 January 2026			
Art & Craft	3DPopupHouseAmazon gPopUpGreetingCardEnglish	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:04 AM 02:05 AM 04:05 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 10:06 PM
Hindi	पेड़ की बात	हिन्दी	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:19 AM 10:20 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:20 PM 10:20 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:29 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:30 PM 10:30 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:50 AM 02:50 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:51 PM 02:51 PM 04:51 PM 06:51 PM 08:51 PM 10:51 PM



General	वज्रासन	Hindi	12:59 AM 02:59 AM 05:00 AM 07:00 AM 09:00 AM 11:00 AM 01:00 PM 03:00 PM 05:00 PM 07:01 PM 09:01 PM 11:01 PM
General	Vakrasana	English	01:02 AM 03:02 AM 05:02 AM 07:02 AM 09:02 AM 11:03 AM 01:03 PM 03:03 PM 05:03 PM 07:03 PM 09:03 PM 11:04 PM
General	Vrikshasana	English	01:04 AM 03:05 AM 05:05 AM 07:05 AM 09:05 AM 11:05 AM 01:05 PM 03:05 PM 05:06 PM 07:06 PM 09:06 PM 11:06 PM
General	राष्ट्रगान	English/hindi	01:07 AM 03:07 AM 05:07 AM 07:07 AM 09:07 AM 11:07 AM 01:08 PM 03:08 PM 05:08 PM 07:08 PM 09:08 PM 11:08 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	01:08 AM 03:08 AM 05:08 AM 07:08 AM 09:08 AM 11:09 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:10 PM
Disaster management	Cold Wave - Preparation	Hindi	01:27 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:28 AM 01:28 PM 03:28 PM 05:28 PM 07:28 PM 09:29 PM 11:29 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:29 AM 03:29 AM 05:29 AM 07:30 AM 09:30 AM 11:30 AM 01:30 PM 03:30 PM 05:30 PM 07:30 PM 09:31 PM 11:31 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	01:35 AM 03:35 AM 05:35 AM 07:35 AM 09:35 AM 11:35 AM 01:35 PM 03:36 PM 05:36 PM 07:36 PM 09:36 PM 11:36 PM
Science (Activities)	Activity 4- Sieving (ch-5)	English	01:56 AM 03:56 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 11:57 PM



DD Free Dish Channel #28



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Dish TV Channel #2027

बुधवार, 21 जनवरी 2026
Wednesday, 21 January 2026

General	निपुण भारत	Hindi	12:00 AM 02:11 AM 04:23 AM 06:34 AM 08:46 AM 10:57 AM 01:09 PM 03:20 PM 05:32 PM 07:43 PM 09:55 PM
General	Energy Saving	English	12:07 AM 02:18 AM 04:30 AM 06:41 AM 08:53 AM 11:04 AM 01:16 PM 03:28 PM 05:39 PM 07:51 PM 10:02 PM
Art & Craft	छोटा है या बड़ा	Hindi	12:08 AM 02:20 AM 04:31 AM 06:43 AM 08:55 AM 11:06 AM 01:18 PM 03:29 PM 05:41 PM 07:52 PM 10:04 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:28 AM 02:39 AM 04:51 AM 07:02 AM 09:14 AM 11:26 AM 01:37 PM 03:49 PM 06:00 PM 08:12 PM 10:23 PM
Mathematics	PATTERNS IN MATHEMATICS	English	12:38 AM 02:50 AM 05:01 AM 07:13 AM 09:24 AM 11:36 AM 01:47 PM 03:59 PM 06:11 PM 08:22 PM 10:34 PM
General	Waste Reduced	English	12:48 AM 02:59 AM 05:11 AM 07:22 AM 09:34 AM 11:45 AM 01:57 PM 04:08 PM 06:20 PM 08:31 PM 10:43 PM
General	Introduction to MISSION LIFE	English	12:51 AM 03:03 AM 05:14 AM 07:26 AM 09:37 AM 11:49 AM 02:00 PM 04:12 PM 06:23 PM 08:35 PM 10:47 PM
General	zoological-Survey-of-india	English	12:54 AM 03:05 AM 05:17 AM 07:28 AM 09:40 AM 11:51 AM 02:03 PM 04:14 PM 06:26 PM 08:37 PM 10:49 PM
Vocational Videos	Preparing ORS at Home	English	12:56 AM 03:08 AM 05:19 AM 07:31 AM 09:42 AM 11:54 AM 02:05 PM 04:17 PM 06:28 PM 08:40 PM 10:51 PM



DD Free Dish Channel #28



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संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	01:03 AM 03:15 AM 05:26 AM 07:38 AM 09:49 AM 12:01 PM 02:12 PM 04:24 PM 06:35 PM 08:47 PM 10:58 PM
Disaster management	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:22 AM 03:34 AM 05:45 AM 07:57 AM 10:08 AM 12:20 PM 02:32 PM 04:43 PM 06:55 PM 09:06 PM 11:18 PM
Disaster management	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:32 AM 03:44 AM 05:55 AM 08:07 AM 10:18 AM 12:30 PM 02:42 PM 04:53 PM 07:05 PM 09:16 PM 11:28 PM
General	Values and Types of Wetlands Part -2	English	01:51 AM 04:02 AM 06:14 AM 08:26 AM 10:37 AM 12:49 PM 03:00 PM 05:12 PM 07:23 PM 09:35 PM 11:46 PM
बृहस्पतिवार, 22 जनवरी 2026 Thursday, 22 January 2026			
English	Neem Baba	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 05:58 PM 07:58 PM 09:58 PM 11:58 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:18 AM 10:18 AM 12:18 PM 02:17 PM 04:17 PM 06:17 PM 08:17 PM 10:17 PM
General	Growing up Healthy	English	12:33 AM 02:33 AM 04:33 AM 06:33 AM 08:33 AM 10:33 AM 12:32 PM 02:32 PM 04:32 PM 06:32 PM 08:32 PM 10:32 PM
General	Values and Types of Wetlands Part -2	English	12:40 AM 02:40 AM 04:40 AM 06:40 AM 08:39 AM 10:39 AM 12:39 PM 02:39 PM 04:39 PM 06:39 PM 08:39 PM 10:39 PM



General (Wetland)	Values and Types of Wetlands Part -2	English	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:51 AM 12:51 PM 02:51 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
General	Interpersonal Relationships	English	12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:59 PM 02:59 PM 04:59 PM 06:58 PM 08:58 PM 10:58 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	01:07 AM 03:07 AM 05:07 AM 07:06 AM 09:06 AM 11:06 AM 01:06 PM 03:06 PM 05:06 PM 07:06 PM 09:06 PM 11:05 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	01:10 AM 03:10 AM 05:10 AM 07:10 AM 09:10 AM 11:09 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:09 PM
General	पारस्परिक संबंध	Hindi	01:11 AM 03:11 AM 05:11 AM 07:11 AM 09:10 AM 11:10 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:10 PM 11:10 PM
General	जेंडर समानता	Hindi	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:42 AM 11:42 AM 01:42 PM 03:42 PM 05:42 PM 07:41 PM 09:41 PM 11:41 PM
शुक्रवार, 23 जनवरी 2026 Friday, 23 January 2026			
General	Nutrition_Health and Sanitation	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	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:07 AM 02:08 AM 04:08 AM 06:08 AM 08:09 AM 10:09 AM 12:10 PM 02:10 PM 04:10 PM 06:11 PM 08:11 PM 10:12 PM



Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:17 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
Hindi	पेड़ की बात	हिन्दी	12:21 AM 02:21 AM 04:22 AM 06:22 AM 08:23 AM 10:23 AM 12:23 PM 02:24 PM 04:24 PM 06:25 PM 08:25 PM 10:26 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	12:36 AM 02:36 AM 04:37 AM 06:37 AM 08:37 AM 10:38 AM 12:38 PM 02:39 PM 04:39 PM 06:39 PM 08:40 PM 10:40 PM
Disaster management	Cold Wave - Chilblains	Hindi	12:55 AM 02:55 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:58 PM 04:58 PM 06:59 PM 08:59 PM 11:00 PM
Disaster management	Cold Wave - Preparation	Hindi	12:56 AM 02:57 AM 04:57 AM 06:57 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 07:00 PM 09:00 PM 11:01 PM
Mathematics	Lines and Angles	English	12:57 AM 02:58 AM 04:58 AM 06:59 AM 08:59 AM 10:59 AM 01:00 PM 03:00 PM 05:01 PM 07:01 PM 09:02 PM 11:02 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:08 AM 03:08 AM 05:09 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:11 PM 09:12 PM 11:12 PM



Health, Physical Education/Yoga/ Sports	प्राणायाम और ध्यान	Hindi	01:09 AM 03:09 AM 05:10 AM 07:10 AM 09:10 AM 11:11 AM 01:11 PM 03:12 PM 05:12 PM 07:12 PM 09:13 PM 11:13 PM
General	Prevention and Management of Substance Misuse	English	01:39 AM 03:40 AM 05:40 AM 07:41 AM 09:41 AM 11:41 AM 01:42 PM 03:42 PM 05:43 PM 07:43 PM 09:43 PM 11:44 PM
शनिवार, 24 जनवरी 2026 Saturday, 24 January 2026			
General	Promotion of Healthy Lifestyle	English	12:00 AM 01:43 AM 03:27 AM 05:11 AM 06:55 AM 08:39 AM 10:23 AM 12:07 PM 01:51 PM 03:34 PM 05:18 PM 07:02 PM 08:46 PM 10:30 PM
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	12:07 AM 01:51 AM 03:34 AM 05:18 AM 07:02 AM 08:46 AM 10:30 AM 12:14 PM 01:58 PM 03:42 PM 05:26 PM 07:09 PM 08:53 PM 10:37 PM
General	Reproductive Health and HIV Prevention	English	12:12 AM 01:56 AM 03:40 AM 05:24 AM 07:07 AM 08:51 AM 10:35 AM 12:19 PM 02:03 PM 03:47 PM 05:31 PM 07:15 PM 08:58 PM 10:42 PM
Disaster management	Cold Wave - Preparation	Hindi	12:17 AM 02:01 AM 03:45 AM 05:29 AM 07:13 AM 08:57 AM 10:41 AM 12:25 PM 02:08 PM 03:52 PM 05:36 PM 07:20 PM 09:04 PM 10:48 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:20 AM 02:03 AM 03:47 AM 05:31 AM 07:15 AM 08:59 AM 10:43 AM 12:27 PM 02:11 PM 03:55 PM 05:38 PM 07:22 PM 09:06 PM 10:50 PM



General	Interpersonal Relationships	English	12:27 AM 02:10 AM 03:54 AM 05:38 AM 07:22 AM 09:06 AM 10:50 AM 12:34 PM 02:18 PM 04:01 PM 05:45 PM 07:29 PM 09:13 PM 10:57 PM
General	Safety and Security against Violence and Injuries	English	12:31 AM 02:15 AM 03:59 AM 05:43 AM 07:27 AM 09:11 AM 10:54 AM 12:38 PM 02:22 PM 04:06 PM 05:50 PM 07:34 PM 09:18 PM 11:02 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:37 AM 02:21 AM 04:05 AM 05:48 AM 07:32 AM 09:16 AM 11:00 AM 12:44 PM 02:28 PM 04:12 PM 05:56 PM 07:40 PM 09:23 PM 11:07 PM
Science	भोजन के घटक	Hindi	01:02 AM 02:46 AM 04:30 AM 06:14 AM 07:58 AM 09:42 AM 11:26 AM 01:10 PM 02:54 PM 04:37 PM 06:21 PM 08:05 PM 09:49 PM 11:33 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	01:34 AM 03:18 AM 05:02 AM 06:46 AM 08:29 AM 10:13 AM 11:57 AM 01:41 PM 03:25 PM 05:09 PM 06:53 PM 08:37 PM 10:21 PM
रविवार, 25 जनवरी 2026 Sunday, 25 January 2026			
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	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 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General	निपुण भारत	Hindi	12:05 AM 02:05 AM 04:05 AM 06:05 AM 08:05 AM 10:05 AM 12:05 PM 02:05 PM 04:05 PM 06:05 PM 08:05 PM 10:05 PM
General	Pawanmuktasana	English	12:06 AM 02:06 AM 04:06 AM 06:06 AM 08:06 AM 10:06 AM 12:06 PM 02:06 PM 04:06 PM 06:06 PM 08:06 PM 10:06 PM



Disaster management	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:09 AM 02:09 AM 04:09 AM 06:09 AM 08:09 AM 10:09 AM 12:09 PM 02:09 PM 04:09 PM 06:09 PM 08:09 PM 10:09 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:10 AM 02:10 AM 04:10 AM 06:10 AM 08:10 AM 10:10 AM 12:10 PM 02:10 PM 04:10 PM 06:10 PM 08:10 PM 10:10 PM
General Awareness	बात पते की	Hindi	12:11 AM 02:11 AM 04:11 AM 06:11 AM 08:11 AM 10:11 AM 12:11 PM 02:11 PM 04:11 PM 06:11 PM 08:11 PM 10:11 PM
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:37 AM 02:37 AM 04:37 AM 06:37 AM 08:37 AM 10:37 AM 12:37 PM 02:37 PM 04:37 PM 06:37 PM 08:37 PM 10:37 PM
General	Values and Types of Wetlands Part -2	English	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:51 AM 12:51 PM 02:51 PM 04:51 PM 06:51 PM 08:51 PM 10:51 PM
Vocational Videos	प्लंबिंग टूल	Hindi	12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
General English	Episode 1 Greeting a Friend	English	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 07:14 PM 09:14 PM 11:14 PM
General English	Episode 8 Making Requests 2	English	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM



Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	English	01:34 AM 03:34 AM 05:34 AM 07:34 AM 09:34 AM 11:34 AM 01:34 PM 03:34 PM 05:34 PM 07:34 PM 09:34 PM 11:34 PM
Science (Activities)	Activity 5- Filtration (ch-5)	English	01:38 AM 03:38 AM 05:38 AM 07:38 AM 09:38 AM 11:38 AM 01:38 PM 03:38 PM 05:38 PM 07:38 PM 09:38 PM 11:38 PM
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	01:41 AM 03:41 AM 05:41 AM 07:41 AM 09:41 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
General	Values and Types of Wetlands Part -2	English	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:51 PM 09:51 PM 11:51 PM
सोमवार, 26 जनवरी 2026 Monday, 26 January 2026			
Creative Activities: Art & Craft	Pals Climb Peaks	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
Art & Craft	विटामिन ए की कहानी	Hindi	12:04 AM 02:04 AM 04:05 AM 06:05 AM 08:05 AM 10:06 AM 12:06 PM 02:06 PM 04:06 PM 06:07 PM 08:07 PM 10:07 PM
English	THE RAVEN AND THE FOX	English	12:15 AM 02:16 AM 04:16 AM 06:16 AM 08:17 AM 10:17 AM 12:17 PM 02:18 PM 04:18 PM 06:18 PM 08:19 PM 10:19 PM
Art & Craft	पानी का फव्वारा	Hindi	12:43 AM 02:43 AM 04:43 AM 06:44 AM 08:44 AM 10:44 AM 12:45 PM 02:45 PM 04:45 PM 06:46 PM 08:46 PM 10:46 PM



General English	Episode 1 Greeting a Friend	English	12:51 AM 02:51 AM 04:52 AM 06:52 AM 08:52 AM 10:52 AM 12:53 PM 02:53 PM 04:53 PM 06:54 PM 08:54 PM 10:54 PM
General	Values and Types of Wetlands Part -2	English	12:59 AM 02:59 AM 05:00 AM 07:00 AM 09:00 AM 11:01 AM 01:01 PM 03:01 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
Mathematics	Lines and Angles	English	01:07 AM 03:07 AM 05:08 AM 07:08 AM 09:08 AM 11:09 AM 01:09 PM 03:09 PM 05:10 PM 07:10 PM 09:10 PM 11:11 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:48 AM 03:48 AM 05:49 AM 07:49 AM 09:49 AM 11:50 AM 01:50 PM 03:50 PM 05:51 PM 07:51 PM 09:51 PM 11:52 PM
Disaster management	Cold Wave - Chilblains	Hindi	01:58 AM 03:58 AM 05:58 AM 07:58 AM 09:59 AM 11:59 AM 01:59 PM 04:00 PM 06:00 PM 08:00 PM 10:01 PM
मंगलवार, 27 जनवरी 2026 Tuesday, 27 January 2026			
Creative Activities: Art & Craft	Paper Glider	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 04:02 PM 06:03 PM 08:03 PM 10:03 PM
Storytelling/Value Education	आम की टोकरी	Hindi	12:04 AM 02:04 AM 04:04 AM 06:05 AM 08:05 AM 10:05 AM 12:06 PM 02:06 PM 04:06 PM 06:07 PM 08:07 PM 10:07 PM
Hindi	पेड़ की बात	हिन्दी	12:06 AM 02:07 AM 04:07 AM 06:07 AM 08:08 AM 10:08 AM 12:08 PM 02:09 PM 04:09 PM 06:09 PM 08:10 PM 10:10 PM



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Dish TV Channel #2027

Art & Craft	3D Popup House Amazing greeting Card English	English	12:16 AM 02:16 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
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:20 AM 02:20 AM 04:21 AM 06:21 AM 08:21 AM 10:22 AM 12:22 PM 02:22 PM 04:23 PM 06:23 PM 08:23 PM 10:24 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:23 AM 02:23 AM 04:24 AM 06:24 AM 08:24 AM 10:25 AM 12:25 PM 02:25 PM 04:26 PM 06:26 PM 08:26 PM 10:27 PM
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:30 AM 02:30 AM 04:30 AM 06:31 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:32 PM 06:33 PM 08:33 PM 10:33 PM
Science (Activities)	Activity 9- More of a substance can be dissolved in a solution by heating it(ch-5)	English	12:36 AM 02:36 AM 04:37 AM 06:37 AM 08:37 AM 10:38 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:39 PM 10:40 PM
General Awareness	Air Pollution	English	12:42 AM 02:42 AM 04:42 AM 06:43 AM 08:43 AM 10:43 AM 12:44 PM 02:44 PM 04:44 PM 06:45 PM 08:45 PM 10:45 PM
General	भुजंगासन	Hindi	01:11 AM 03:12 AM 05:12 AM 07:12 AM 09:13 AM 11:13 AM 01:13 PM 03:14 PM 05:14 PM 07:14 PM 09:15 PM 11:15 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	01:15 AM 03:15 AM 05:16 AM 07:16 AM 09:16 AM 11:17 AM 01:17 PM 03:17 PM 05:18 PM 07:18 PM 09:18 PM 11:19 PM
General	Dhyana	English	01:22 AM 03:23 AM 05:23 AM 07:23 AM 09:24 AM 11:24 AM 01:24 PM 03:25 PM 05:25 PM 07:25 PM 09:26 PM 11:26 PM



General	Pawanmuktasana	English	01:26 AM 03:27 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:29 PM 09:30 PM 11:30 PM
General	Trikonasana	English	01:32 AM 03:32 AM 05:32 AM 07:33 AM 09:33 AM 11:33 AM 01:34 PM 03:34 PM 05:34 PM 07:35 PM 09:35 PM 11:35 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:34 AM 03:35 AM 05:35 AM 07:35 AM 09:36 AM 11:36 AM 01:36 PM 03:37 PM 05:37 PM 07:37 PM 09:38 PM 11:38 PM
Storytelling/Value Education	राख की रस्सी	Hindi	01:38 AM 03:38 AM 05:39 AM 07:39 AM 09:39 AM 11:40 AM 01:40 PM 03:40 PM 05:41 PM 07:41 PM 09:41 PM 11:42 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	01:51 AM 03:51 AM 05:52 AM 07:52 AM 09:52 AM 11:53 AM 01:53 PM 03:53 PM 05:54 PM 07:54 PM 09:54 PM 11:55 PM
बुधवार, 28 जनवरी 2026 Wednesday, 28 January 2026			
General	निपुण भारत	Hindi	12:00 AM 02:12 AM 04:24 AM 06:36 AM 08:48 AM 11:00 AM 01:12 PM 03:24 PM 05:36 PM 07:48 PM 10:00 PM
General	MOTHER EARTH Prakriti English Subtitles	English	12:07 AM 02:19 AM 04:31 AM 06:43 AM 08:55 AM 11:07 AM 01:19 PM 03:31 PM 05:43 PM 07:55 PM 10:07 PM
General	Energy Saving	English	12:09 AM 02:21 AM 04:33 AM 06:45 AM 08:57 AM 11:09 AM 01:21 PM 03:33 PM 05:45 PM 07:57 PM 10:09 PM
Art & Craft	छोटा है या बड़ा	Hindi	12:10 AM 02:22 AM 04:34 AM 06:46 AM 08:58 AM 11:10 AM 01:22 PM 03:35 PM 05:47 PM 07:59 PM 10:11 PM



Vocational Videos	IDENTIFICATION OF TREES	English	12:30 AM 02:42 AM 04:54 AM 07:06 AM 09:18 AM 11:30 AM 01:42 PM 03:54 PM 06:06 PM 08:18 PM 10:30 PM
Mathematics	PATTERNS IN MATHEMATICS	English	12:40 AM 02:52 AM 05:04 AM 07:16 AM 09:28 AM 11:40 AM 01:52 PM 04:04 PM 06:16 PM 08:28 PM 10:40 PM
Disaster management	Cold Wave - Preparation	Hindi	12:50 AM 03:02 AM 05:14 AM 07:26 AM 09:38 AM 11:50 AM 02:02 PM 04:14 PM 06:26 PM 08:38 PM 10:50 PM
General	Waste Reduced	English	12:51 AM 03:03 AM 05:15 AM 07:27 AM 09:39 AM 11:51 AM 02:03 PM 04:15 PM 06:27 PM 08:39 PM 10:51 PM
General	Introduction to MISSION LIFE	English	12:52 AM 03:04 AM 05:16 AM 07:28 AM 09:40 AM 11:52 AM 02:04 PM 04:16 PM 06:28 PM 08:40 PM 10:52 PM
General	zoological-Survey-of-india	English	12:55 AM 03:07 AM 05:19 AM 07:31 AM 09:43 AM 11:55 AM 02:07 PM 04:19 PM 06:31 PM 08:43 PM 10:55 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	12:57 AM 03:09 AM 05:21 AM 07:33 AM 09:45 AM 11:57 AM 02:09 PM 04:21 PM 06:33 PM 08:45 PM 10:57 PM
General	Values and Types of Wetlands Part -2	English	01:22 AM 03:34 AM 05:46 AM 07:58 AM 10:10 AM 12:22 PM 02:34 PM 04:46 PM 06:58 PM 09:10 PM 11:22 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:53 AM 04:05 AM 06:17 AM 08:29 AM 10:41 AM 12:53 PM 03:05 PM 05:17 PM 07:29 PM 09:41 PM 11:53 PM



बृहस्पतिवार, 29 जनवरी 2026
Thursday, 29 January 2026

English	THE RAVEN AND THE FOX	English	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:57 AM 11:57 AM 01:56 PM 03:56 PM 05:56 PM 07:55 PM 09:55 PM 11:54 PM
General	Growing up Healthy	English	12:10 AM 02:09 AM 04:09 AM 06:08 AM 08:08 AM 10:08 AM 12:07 PM 02:07 PM 04:06 PM 06:06 PM 08:05 PM 10:05 PM
General	पारस्परिक संबंध	Hindi	12:14 AM 02:14 AM 04:13 AM 06:13 AM 08:12 AM 10:12 AM 12:11 PM 02:11 PM 04:10 PM 06:10 PM 08:10 PM 10:09 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:19 AM 02:19 AM 04:18 AM 06:18 AM 08:18 AM 10:17 AM 12:17 PM 02:16 PM 04:16 PM 06:15 PM 08:15 PM 10:15 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:20 AM 02:20 AM 04:19 AM 06:19 AM 08:18 AM 10:18 AM 12:18 PM 02:17 PM 04:17 PM 06:16 PM 08:16 PM 10:15 PM
Disaster management	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:21 AM 02:21 AM 04:20 AM 06:20 AM 08:19 AM 10:19 AM 12:19 PM 02:18 PM 04:18 PM 06:17 PM 08:17 PM 10:16 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:22 AM 02:22 AM 04:21 AM 06:21 AM 08:20 AM 10:20 AM 12:19 PM 02:19 PM 04:19 PM 06:18 PM 08:18 PM 10:17 PM
General	जेंडर समानता	Hindi	01:07 AM 03:07 AM 05:06 AM 07:06 AM 09:05 AM 11:05 AM 01:04 PM 03:04 PM 05:04 PM 07:03 PM 09:03 PM 11:02 PM
General	Growing up Healthy	English	01:14 AM 03:14 AM 05:14 AM 07:13 AM 09:13 AM 11:12 AM 01:12 PM 03:11 PM 05:11 PM 07:11 PM 09:10 PM 11:10 PM



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Dish TV Channel #2027

General	Nutrition_Health and Sanitation	English	01:19 AM 03:18 AM 05:18 AM 07:17 AM 09:17 AM 11:16 AM 01:16 PM 03:16 PM 05:15 PM 07:15 PM 09:14 PM 11:14 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:25 AM 03:25 AM 05:24 AM 07:24 AM 09:23 AM 11:23 AM 01:22 PM 03:22 PM 05:22 PM 07:21 PM 09:21 PM 11:20 PM
General English	Episode 11 Agreeing 3	English	01:32 AM 03:31 AM 05:31 AM 07:30 AM 09:30 AM 11:29 AM 01:29 PM 03:29 PM 05:28 PM 07:28 PM 09:27 PM 11:27 PM
General	Prevention and Management of Substance Misuse	English	01:42 AM 03:41 AM 05:41 AM 07:40 AM 09:40 AM 11:40 AM 01:39 PM 03:39 PM 05:38 PM 07:38 PM 09:37 PM 11:37 PM
General	Promotion of Healthy Lifestyle	English	01:47 AM 03:47 AM 05:46 AM 07:46 AM 09:45 AM 11:45 AM 01:44 PM 03:44 PM 05:44 PM 07:43 PM 09:43 PM 11:42 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:53 AM 03:53 AM 05:52 AM 07:52 AM 09:51 AM 11:51 AM 01:50 PM 03:50 PM 05:49 PM 07:49 PM 09:49 PM 11:48 PM
शुक्रवार, 30 जनवरी 2026 Friday, 30 January 2026			
General	Emotional well being and mental health	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	Reproductive Health and HIV Prevention	English	12:06 AM 02:07 AM 04:08 AM 06:08 AM 08:09 AM 10:10 AM 12:11 PM 02:12 PM 04:13 PM 06:14 PM 08:15 PM 10:16 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:11 AM 02:12 AM 04:13 AM 06:14 AM 08:15 AM 10:16 AM 12:17 PM 02:18 PM 04:19 PM 06:19 PM 08:20 PM 10:21 PM



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Hindi	पेड़ की बात	हिन्दी	12:17 AM 02:18 AM 04:19 AM 06:20 AM 08:21 AM 10:22 AM 12:22 PM 02:23 PM 04:24 PM 06:25 PM 08:26 PM 10:27 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:31 AM 10:31 AM 12:32 PM 02:33 PM 04:34 PM 06:35 PM 08:36 PM 10:37 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:28 AM 02:29 AM 04:30 AM 06:31 AM 08:32 AM 10:32 AM 12:33 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:38 PM
General	Safety and Security against Violence and Injuries	English	12:29 AM 02:30 AM 04:31 AM 06:32 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 English	Episode 9 Agreeing 1	English	12:34 AM 02:35 AM 04:36 AM 06:37 AM 08:38 AM 10:39 AM 12:40 PM 02:41 PM 04:42 PM 06:43 PM 08:44 PM 10:45 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:46 AM 02:46 AM 04:47 AM 06:48 AM 08:49 AM 10:50 AM 12:51 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:56 PM
Mathematics	Lines and Angles	English	01:01 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 07:09 PM 09:10 PM 11:11 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:18 AM 03:19 AM 05:19 AM 07:20 AM 09:21 AM 11:22 AM 01:23 PM 03:24 PM 05:25 PM 07:26 PM 09:27 PM 11:28 PM



शनिवार, 31 जनवरी 2026
Saturday, 31 January 2026

General Awareness	क्षेत्रफल	Hindi	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 05:58 PM 07:58 PM 09:58 PM 11:58 PM
Disaster management	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:25 PM 02:25 PM 04:25 PM 06:25 PM 08:25 PM 10:25 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:27 AM 02:27 AM 04:27 AM 06:27 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:42 AM 02:42 AM 04:41 AM 06:41 AM 08:41 AM 10:41 AM 12:41 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:40 PM
Disaster management	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:43 AM 02:43 AM 04:43 AM 06:42 AM 08:42 AM 10:42 AM 12:42 PM 02:42 PM 04:42 PM 06:42 PM 08:42 PM 10:41 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:44 AM 02:44 AM 04:43 AM 06:43 AM 08:43 AM 10:43 AM 12:43 PM 02:43 PM 04:43 PM 06:43 PM 08:43 PM 10:42 PM
Disaster management	Cold Wave - Chilblains	Hindi	12:45 AM 02:45 AM 04:44 AM 06:44 AM 08:44 AM 10:44 AM 12:44 PM 02:44 PM 04:44 PM 06:44 PM 08:44 PM 10:43 PM
Disaster management	Cold Wave - Preparation	Hindi	12:46 AM 02:46 AM 04:46 AM 06:45 AM 08:45 AM 10:45 AM 12:45 PM 02:45 PM 04:45 PM 06:45 PM 08:45 PM 10:44 PM
Disaster management	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	12:47 AM 02:47 AM 04:47 AM 06:47 AM 08:47 AM 10:46 AM 12:46 PM 02:46 PM 04:46 PM 06:46 PM 08:46 PM 10:46 PM



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Creative Activities: Art & Craft	Cubical Dance	English	12:48 AM 02:48 AM 04:48 AM 06:48 AM 08:47 AM 10:47 AM 12:47 PM 02:47 PM 04:47 PM 06:47 PM 08:47 PM 10:47 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:51 AM 12:50 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
General	पवनमुक्तासन	Hindi	01:11 AM 03:10 AM 05:10 AM 07:10 AM 09:10 AM 11:10 AM 01:10 PM 03:10 PM 05:10 PM 07:09 PM 09:09 PM 11:09 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:14 AM 03:13 AM 05:13 AM 07:13 AM 09:13 AM 11:13 AM 01:13 PM 03:13 PM 05:13 PM 07:12 PM 09:12 PM 11:12 PM
General	Bhadrāsana	English	01:52 AM 03:52 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:51 PM 09:50 PM 11:50 PM

