

कक्षा - 8 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 8

कक्षा - 8 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 8

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/ اردو (उर्दू)	इतिहास	हिन्दी	संस्कृत/ اردو (उर्दू)	राजनीति विज्ञान
English	Geography	History	English	Political Science	Geography	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/29.

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

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

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



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कक्षा - 8 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 8

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			
Story Telling/ Value Education	Story Telling: Meena - 1 Count your Chicken	Hindi	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
Cold Wave	Cold Wave - Chilblains	हिन्दी	12:14 AM 02:15 AM 04:16 AM 06:17 AM 08:18 AM 10:19 AM 12:20 PM 02:21 PM 04:22 PM 06:23 PM 08:24 PM 10:25 PM
Story Telling/ Value Education	Story Telling: Meena - 4 Who is afraid of Bully	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 04:23 PM 06:24 PM 08:25 PM 10:26 PM
Physical Education	प्राणायाम और ध्यान	Hindi	12:28 AM 02:29 AM 04:30 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	Air pollution - I	English	12:58 AM 02:59 AM 05:00 AM 07:01 AM 09:02 AM 11:03 AM 01:04 PM 03:05 PM 05:06 PM 07:07 PM 09:08 PM 11:09 PM
General	I will work & work with courage	English	01:24 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



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Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:31 AM 01:32 PM 03:33 PM 05:34 PM 07:35 PM 09:36 PM 11:37 PM
शुक्रवार, 02 जनवरी 2026 Friday, 02 January 2026			
Vocational Video	Plumbing Tools	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 04:05 PM 06:05 PM 08:06 PM 10:06 PM
Cultural Heritage: Art, Music, Dance	Navras DEAA Dance Emotions	Hindi/ english	12:15 AM 02:16 AM 04:16 AM 06:17 AM 08:18 AM 10:18 AM 12:19 PM 02:19 PM 04:20 PM 06:21 PM 08:21 PM 10:22 PM
General	Parts of Flower	Hindi/ english	12:19 AM 02:20 AM 04:20 AM 06:21 AM 08:21 AM 10:22 AM 12:23 PM 02:23 PM 04:24 PM 06:25 PM 08:25 PM 10:26 PM
General	Air pollution - II	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 08:30 PM 10:31 PM
Creative Activities: Art/Craft	Pencil Drawdio	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 06:55 PM 08:55 PM 10:56 PM
General Awareness Programme	Personal Safety	English	12:53 AM 02:53 AM 04:54 AM 06:55 AM 08:55 AM 10:56 AM 12:57 PM 02:57 PM 04:58 PM 06:58 PM 08:59 PM 11:00 PM
General	जादुई किताब	Hindi	01:07 AM 03:08 AM 05:08 AM 07:09 AM 09:10 AM 11:10 AM 01:11 PM 03:12 PM 05:12 PM 07:13 PM 09:13 PM 11:14 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	हिन्दी	01:23 AM 03:24 AM 05:24 AM 07:25 AM 09:26 AM 11:26 AM 01:27 PM 03:27 PM 05:28 PM 07:29 PM 09:29 PM 11:30 PM



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General English	Episode 10 Agreeing 2	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
General English	Episode 3 Greeting Strangers	English	01:40 AM 03:40 AM 05:41 AM 07:42 AM 09:42 AM 11:43 AM 01:44 PM 03:44 PM 05:45 PM 07:45 PM 09:46 PM 11:47 PM
Story Telling/ Value Education	चतुर बानर	Hindi	01:52 AM 03:52 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 11:59 PM
शनिवार, 03 जनवरी 2026 Saturday, 03 January 2026			
General	E-Waste Management: Block 3	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
General English	Episode 5 Giving Advice 1	English	12:19 AM 02:19 AM 04:20 AM 06:20 AM 08:20 AM 10:21 AM 12:21 PM 02:21 PM 04:22 PM 06:22 PM 08:22 PM 10:23 PM
General	Health and Sanitisation	English	12:32 AM 02:33 AM 04:33 AM 06:33 AM 08:34 AM 10:34 AM 12:35 PM 02:35 PM 04:35 PM 06:36 PM 08:36 PM 10:36 PM
Cold Wave	Clod Wave - Preparation	हिन्दी	12:39 AM 02:39 AM 04:39 AM 06:40 AM 08:40 AM 10:41 AM 12:41 PM 02:41 PM 04:42 PM 06:42 PM 08:42 PM 10:43 PM
General Awareness Programme	Personal Safety	English	12:40 AM 02:40 AM 04:41 AM 06:41 AM 08:41 AM 10:42 AM 12:42 PM 02:43 PM 04:43 PM 06:43 PM 08:44 PM 10:44 PM



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General Awareness Programme	रौशनी और रंग	Hindi	12:54 AM 02:55 AM 04:55 AM 06:55 AM 08:56 AM 10:56 AM 12:57 PM 02:57 PM 04:57 PM 06:58 PM 08:58 PM 10:58 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:10 AM 03:11 AM 05:11 AM 07:11 AM 09:12 AM 11:12 AM 01:12 PM 03:13 PM 05:13 PM 07:14 PM 09:14 PM 11:14 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिन्दी	01:35 AM 03:35 AM 05:35 AM 07:36 AM 09:36 AM 11:37 AM 01:37 PM 03:37 PM 05:38 PM 07:38 PM 09:38 PM 11:39 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:35 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:37 AM 01:38 PM 03:38 PM 05:38 PM 07:39 PM 09:39 PM 11:39 PM
रविवार, 04 जनवरी 2026 Sunday, 04 January 2026			
General English	Episode 4 Meeting People: Pleased to meet you	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
Creative Activities: Art/Craft	Why Seasons Happen	English	12:14 AM 02:15 AM 04:16 AM 06:17 AM 08:18 AM 10:19 AM 12:20 PM 02:21 PM 04:22 PM 06:23 PM 08:23 PM 10:24 PM
General Awareness Programme	Moon And The Artificial Satellite	Hindi	12:17 AM 02:18 AM 04:19 AM 06:20 AM 08:21 AM 10:22 AM 12:23 PM 02:24 PM 04:25 PM 06:26 PM 08:27 PM 10:28 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala) -6	Hindi	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



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General	Values and Types of Wetlands Part -1	English	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 11:00 PM
General Awareness Programme	Plastic Bag Demon	English	12:57 AM 02:58 AM 04:59 AM 07:00 AM 09:01 AM 11:02 AM 01:02 PM 03:03 PM 05:04 PM 07:05 PM 09:06 PM 11:07 PM
Cold Wave	Coldwave – Do's and don'ts of a cold wave for people residing in hilly regions	English	01:05 AM 03:06 AM 05:07 AM 07:08 AM 09:09 AM 11:10 AM 01:10 PM 03:11 PM 05:12 PM 07:13 PM 09:14 PM 11:15 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	01:06 AM 03:07 AM 05:08 AM 07:09 AM 09:09 AM 11:10 AM 01:11 PM 03:12 PM 05:13 PM 07:14 PM 09:15 PM 11:16 PM
General	E-Waste Management: Block 3	English	01:27 AM 03:28 AM 05:29 AM 07:30 AM 09:31 AM 11:32 AM 01:33 PM 03:34 PM 05:35 PM 07:36 PM 09:37 PM 11:37 PM
Vocational Video	Hand tools	English/hindi	01:45 AM 03:46 AM 05:47 AM 07:48 AM 09:49 AM 11:50 AM 01:51 PM 03:52 PM 05:53 PM 07:54 PM 09:55 PM 11:56 PM
सोमवार, 05 जनवरी 2026 Monday, 05 January 2026			
General	What is Science?	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
Physical Education	योग - त्रिकोणासन	Hindi	12:19 AM 02:19 AM 04:20 AM 06:20 AM 08:20 AM 10:21 AM 12:21 PM 02:21 PM 04:22 PM 06:22 PM 08:22 PM 10:23 PM



Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	12:35 AM 02:35 AM 04:36 AM 06:36 AM 08:37 AM 10:37 AM 12:37 PM 02:38 PM 04:38 PM 06:38 PM 08:39 PM 10:39 PM
Story Telling/ Value Education	बबलू की नाव	Hindi	01:09 AM 03:10 AM 05:10 AM 07:10 AM 09:11 AM 11:11 AM 01:11 PM 03:12 PM 05:12 PM 07:12 PM 09:13 PM 11:13 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	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 09:39 PM 11:39 PM
Creative Activities: Art/Craft	Dancing Eyes	English	01:36 AM 03:37 AM 05:37 AM 07:37 AM 09:38 AM 11:38 AM 01:38 PM 03:39 PM 05:39 PM 07:39 PM 09:40 PM 11:40 PM
Vocational Video	Identification of trees	English/hindi	01:38 AM 03:39 AM 05:39 AM 07:39 AM 09:40 AM 11:40 AM 01:40 PM 03:41 PM 05:41 PM 07:42 PM 09:42 PM 11:42 PM
General English	Episode 7 Making Requests 1	English	01:49 AM 03:49 AM 05:49 AM 07:50 AM 09:50 AM 11:51 AM 01:51 PM 03:51 PM 05:52 PM 07:52 PM 09:52 PM 11:53 PM
मंगलवार, 06 जनवरी 2026 Tuesday, 06 January 2026			
General English	Episode 4 Meeting People: Pleased to meet you	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	Air pollution - I	English	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
General	Parts of Flower	Hindi/ english	12:39 AM 02:39 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 10:40 PM



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Story Telling/ Value Education	A Sunrise at Ganga Sagar	English/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 04:45 PM 06:45 PM 08:45 PM 10:45 PM
General Awareness Programme	Life cycle of a Plant	Hindi	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
Cold Wave	Coldwave – Do's and don'ts of a cold wave for people residing in hilly regions	English	01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:16 PM 11:16 PM
Story Telling/ Value Education	Story Telling: Meena – 8 Meena's three wishes	Hindi	01:16 AM 03:17 AM 05:17 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:17 PM
General	Air pollution – II	English	01:35 AM 03:35 AM 05:35 AM 07:35 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
बुधवार, 07 जनवरी 2026 Wednesday, 07 January 2026			
Story Telling/ Value Education	संवयो हि दुर्जयः	Hindi	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	Health and Sanitisation	Hindi	12:09 AM 02:10 AM 04:11 AM 06:11 AM 08:12 AM 10:13 AM 12:14 PM 02:15 PM 04:15 PM 06:16 PM 08:17 PM 10:18 PM
General	जादुई किताब	Hindi	12:16 AM 02:16 AM 04:17 AM 06:18 AM 08:19 AM 10:20 AM 12:20 PM 02:21 PM 04:22 PM 06:23 PM 08:24 PM 10:25 PM



Cold Wave	Clod Wave - Preparation	हिन्दी	12:37 AM 02:38 AM 04:38 AM 06:39 AM 08:40 AM 10:41 AM 12:42 PM 02:42 PM 04:43 PM 06:44 PM 08:45 PM 10:46 PM
General	Parts of Flower	Hindi/ english	12:38 AM 02:39 AM 04:40 AM 06:41 AM 08:41 AM 10:42 AM 12:43 PM 02:44 PM 04:45 PM 06:45 PM 08:46 PM 10:47 PM
General Awareness Programme	रोज़ बदलता कैसे चाँद -2	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 08:51 PM 10:52 PM
Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	12:50 AM 02:50 AM 04:51 AM 06:52 AM 08:53 AM 10:54 AM 12:55 PM 02:55 PM 04:56 PM 06:57 PM 08:58 PM 10:59 PM
General Awareness Programme	Plastic Bag Demon	English	01:04 AM 03:05 AM 05:06 AM 07:07 AM 09:08 AM 11:08 AM 01:09 PM 03:10 PM 05:11 PM 07:12 PM 09:13 PM 11:13 PM
General	Safety and Security	Hindi	01:12 AM 03:13 AM 05:14 AM 07:15 AM 09:16 AM 11:16 AM 01:17 PM 03:18 PM 05:19 PM 07:20 PM 09:20 PM 11:21 PM
General	E-Waste Management: Block 5	English	01:20 AM 03:21 AM 05:22 AM 07:23 AM 09:23 AM 11:24 AM 01:25 PM 03:26 PM 05:27 PM 07:27 PM 09:28 PM 11:29 PM
Vocational Video	Hand tools	English/hindi	01:45 AM 03:46 AM 05:47 AM 07:48 AM 09:48 AM 11:49 AM 01:50 PM 03:51 PM 05:52 PM 07:52 PM 09:53 PM 11:54 PM
बृहस्पतिवार, 08 जनवरी 2026 Thursday, 08 January 2026			
General English	Episode 10 Agreeing 2	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



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Story Telling/ Value Education	गुलज़ार बच्चों के साथ	Hindi	12:17 AM 02:17 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:24 PM 08:25 PM 10:26 PM
Cold Wave	Cold Wave - Chilblains	हिन्दी	12:29 AM 02:30 AM 04:31 AM 06:32 AM 08:33 AM 10:33 AM 12:34 PM 02:35 PM 04:36 PM 06:37 PM 08:38 PM 10:38 PM
General	What is Science?	English	12:30 AM 02:31 AM 04:32 AM 06:33 AM 08:34 AM 10:34 AM 12:35 PM 02:36 PM 04:37 PM 06:38 PM 08:39 PM 10:40 PM
General Awareness Programme	पत्थर और पानी की कहानी	Hindi	12:48 AM 02:49 AM 04:50 AM 06:51 AM 08:52 AM 10:52 AM 12:53 PM 02:54 PM 04:55 PM 06:56 PM 08:57 PM 10:58 PM
General	Air pollution - II	English	12:58 AM 02:58 AM 04:59 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
Cultural Heritage: Art, Music, Dance	Navras DEAA Dance Emotions	Hindi/ english	01:22 AM 03:23 AM 05:24 AM 07:25 AM 09:26 AM 11:27 AM 01:28 PM 03:28 PM 05:29 PM 07:30 PM 09:31 PM 11:32 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:31 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
शुक्रवार, 09 जनवरी 2026 Friday, 09 January 2026			
General	E-Waste Management: Block 5	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 06:05 PM 08:05 PM 10:06 PM
General Awareness Programme	ज़रा सोचिये	English/hindi	12:22 AM 02:23 AM 04:23 AM 06:24 AM 08:24 AM 10:25 AM 12:26 PM 02:26 PM 04:27 PM 06:27 PM 08:28 PM 10:28 PM



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Dish TV Channel #2029

General	Values and Types of Wetlands Part -1	English	12:26 AM 02:27 AM 04:28 AM 06:28 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:31 PM 06:32 PM 08:32 PM 10:33 PM
Creative Activities: Art/Craft	Loops to Square	English	12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:35 AM 10:36 AM 12:37 PM 02:37 PM 04:38 PM 06:38 PM 08:39 PM 10:39 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:35 AM 02:36 AM 04:36 AM 06:37 AM 08:38 AM 10:38 AM 12:39 PM 02:39 PM 04:40 PM 06:40 PM 08:41 PM 10:42 PM
General Awareness Programme	Plastic Bag Demon	English	12:36 AM 02:37 AM 04:37 AM 06:38 AM 08:38 AM 10:39 AM 12:40 PM 02:40 PM 04:41 PM 06:41 PM 08:42 PM 10:42 PM
Story Telling/ Value Education	Story Telling: Meena - 6 too young to Marry	Hindi	12:44 AM 02:45 AM 04:45 AM 06:46 AM 08:46 AM 10:47 AM 12:48 PM 02:48 PM 04:49 PM 06:49 PM 08:50 PM 10:50 PM
General	Safe Use of Internet	Hindi	12:57 AM 02:58 AM 04:59 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 Awareness Programme	Life cycle of a Plant	Hindi	01:04 AM 03:04 AM 05:05 AM 07:05 AM 09:06 AM 11:06 AM 01:07 PM 03:08 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala)-3	Hindi	01:20 AM 03:20 AM 05:21 AM 07:22 AM 09:22 AM 11:23 AM 01:23 PM 03:24 PM 05:24 PM 07:25 PM 09:26 PM 11:26 PM
General Awareness Programme	भोजन यात्रा- ग्रास से निकास तक	Hindi	01:37 AM 03:38 AM 05:38 AM 07:39 AM 09:39 AM 11:40 AM 01:41 PM 03:41 PM 05:42 PM 07:42 PM 09:43 PM 11:43 PM



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Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:49 AM 03:50 AM 05:50 AM 07:51 AM 09:51 AM 11:52 AM 01:53 PM 03:53 PM 05:54 PM 07:54 PM 09:55 PM 11:55 PM
General English	Episode 11 Agreeing 3	English	01:50 AM 03:51 AM 05:51 AM 07:52 AM 09:52 AM 11:53 AM 01:53 PM 03:54 PM 05:55 PM 07:55 PM 09:56 PM 11:56 PM
शनिवार, 10 जनवरी 2026 Saturday, 10 January 2026			
General English	Episode 12 Disagreeing 1	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
General Awareness Programme	Moon And The Artificial Satellite	Hindi	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:16 PM 08:16 PM 10:16 PM
Vocational Video	Hand tools	English/hindi	12:32 AM 02:32 AM 04:32 AM 06:32 AM 08:32 AM 10:32 AM 12:32 PM 02:32 PM 04:32 PM 06:33 PM 08:33 PM 10:33 PM
Story Telling/ Value Education	Story Telling: Meena - 3 Saving the life	Hindi	12:50 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 08:52 PM 10:52 PM
General	E-Waste Management: Block 5	English	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:05 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM
General English	Episode 1 Greeting a Friend	English	01:26 AM 03:26 AM 05:26 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



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Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:34 AM 03:34 AM 05:35 AM 07:35 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:35 PM 09:36 PM 11:36 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:35 AM 03:35 AM 05:35 AM 07:36 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
रविवार, 11 जनवरी 2026 Sunday, 11 January 2026			
General	Growing up Healthy	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 04:05 PM 06:05 PM 08:06 PM 10:07 PM
Cultural Heritage: Art, Music, Dance	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Leh Ladakh	Hindi/ english	12:05 AM 02:06 AM 04:06 AM 06:07 AM 08:08 AM 10:08 AM 12:09 PM 02:10 PM 04:10 PM 06:11 PM 08:12 PM 10:12 PM
General English	Episode 10 Agreeing 2	English	12:09 AM 02:10 AM 04:10 AM 06:11 AM 08:11 AM 10:12 AM 12:13 PM 02:13 PM 04:14 PM 06:15 PM 08:15 PM 10:16 PM
General	Parts of Flower	Hindi/ english	12:25 AM 02:25 AM 04:26 AM 06:27 AM 08:27 AM 10:28 AM 12:29 PM 02:29 PM 04:30 PM 06:30 PM 08:31 PM 10:32 PM
Vocational Video	कक्षा 8 केश सौंदर्य उपकरणों का परिचय	Hindi	12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:33 AM 10:33 AM 12:34 PM 02:35 PM 04:35 PM 06:36 PM 08:37 PM 10:37 PM
General Awareness Programme	Life cycle of a Plant	Hindi	12:51 AM 02:51 AM 04:52 AM 06:53 AM 08:53 AM 10:54 AM 12:54 PM 02:55 PM 04:56 PM 06:56 PM 08:57 PM 10:58 PM
General	E-Waste Management: Block 5	English	01:07 AM 03:08 AM 05:08 AM 07:09 AM 09:09 AM 11:10 AM 01:11 PM 03:11 PM 05:12 PM 07:13 PM 09:13 PM 11:14 PM



DD Free Dish Channel #30



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Vocational Video	Identification of trees	English/hindi	01:28 AM 03:29 AM 05:30 AM 07:30 AM 09:31 AM 11:32 AM 01:32 PM 03:33 PM 05:33 PM 07:34 PM 09:35 PM 11:35 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	01:40 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 07:45 PM 09:46 PM 11:47 PM
Vocational Video	कक्षा 8 केश सौंदर्य उपकरणों का परिचय	Hindi	01:40 AM 03:41 AM 05:42 AM 07:42 AM 09:43 AM 11:44 AM 01:44 PM 03:45 PM 05:46 PM 07:46 PM 09:47 PM 11:48 PM
सोमवार, 12 जनवरी 2026 Monday, 12 January 2026			
General	What is Science?	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
Vocational Video	कक्षा 8 केश सौंदर्य उपकरणों का परिचय	Hindi	12:24 AM 02:24 AM 04:24 AM 06:24 AM 08:25 AM 10:25 AM 12:25 PM 02:25 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	हिन्दी	12:44 AM 02:44 AM 04:44 AM 06:44 AM 08:44 AM 10:45 AM 12:45 PM 02:45 PM 04:45 PM 06:45 PM 08:46 PM 10:46 PM
General Awareness Programme	Levers Around Us	English	12:45 AM 02:45 AM 04:45 AM 06:45 AM 08:45 AM 10:46 AM 12:46 PM 02:46 PM 04:46 PM 06:46 PM 08:47 PM 10:47 PM



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Cultural Heritage: Art, Music, Dance	Navras DEAA Dance Emotions	Hindi/ english	12:53 AM 02:53 AM 04:53 AM 06:53 AM 08:53 AM 10:54 AM 12:54 PM 02:54 PM 04:54 PM 06:54 PM 08:55 PM 10:55 PM
Story Telling/ Value Education	A Sunrise at Ganga Sagar	English/hindi	12:56 AM 02:57 AM 04:57 AM 06:57 AM 08:57 AM 10:57 AM 12:58 PM 02:58 PM 04:58 PM 06:58 PM 08:59 PM 10:59 PM
Story Telling/ Value Education	Story Telling: Meena - 4 Who is afraid of Bully	Hindi	01:19 AM 03:19 AM 05:19 AM 07:19 AM 09:20 AM 11:20 AM 01:20 PM 03:20 PM 05:21 PM 07:21 PM 09:21 PM 11:21 PM
General Awareness Programme	रौशनी और रंग	Hindi	01:32 AM 03:32 AM 05:32 AM 07:32 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	E-Waste Management: Block 4.2	English	01:48 AM 03:48 AM 05:48 AM 07:48 AM 09:49 AM 11:49 AM 01:49 PM 03:49 PM 05:49 PM 07:50 PM 09:50 PM 11:50 PM
मंगलवार, 13 जनवरी 2026 Tuesday, 13 January 2026			
Story Telling/ Value Education	स्वप्न भंग:	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 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General	Air pollution - II	English	12:07 AM 02:07 AM 04:08 AM 06:08 AM 08:08 AM 10:08 AM 12:09 PM 02:09 PM 04:09 PM 06:09 PM 08:10 PM 10:10 PM
General	Values and Types of Wetlands Part -1	English	12:32 AM 02:32 AM 04:32 AM 06:33 AM 08:33 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:34 PM 08:34 PM 10:35 PM



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Dish TV Channel #2029

Creative Activities: Art/Craft	Origami (Kaga3 Kala)-4	Hindi	12:39 AM 02:39 AM 04:39 AM 06:39 AM 08:40 AM 10:40 AM 12:40 PM 02:40 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
Story Telling/ Value Education	बुद्धिर्यस्य बलमतस्य	Hindi	12:55 AM 02:56 AM 04:56 AM 06:56 AM 08:56 AM 10:57 AM 12:57 PM 02:57 PM 04:57 PM 06:58 PM 08:58 PM 10:58 PM
General	Nadishodhan Pranayam	English	01:05 AM 03:05 AM 05:05 AM 07:05 AM 09:06 AM 11:06 AM 01:06 PM 03:06 PM 05:07 PM 07:07 PM 09:07 PM 11:07 PM
General English	Episode 10 Agreeing 2	English	01:08 AM 03:08 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 09:11 PM 11:11 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	हिन्दी	01:25 AM 03:25 AM 05:25 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:28 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:27 AM 11:27 AM 01:27 PM 03:27 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM
बुधवार, 14 जनवरी 2026 Wednesday, 14 January 2026			
Physical Education	सूक्ष्म यौगिक व्यायाम	Hindi	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
Vocational Video	Hand tools	English/hindi	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 08:40 PM 10:40 PM
सामान्य	आजादी की अमृत कहानियां (डॉ. टेस्सी थॉमस- अम्बर)	हिन्दी	12:51 AM 02:51 AM 04:52 AM 06:52 AM 08:53 AM 10:53 AM 12:53 PM 02:54 PM 04:54 PM 06:54 PM 08:55 PM 10:55 PM



General	जादुई किताब	Hindi	12:53 AM 02:54 AM 04:54 AM 06:54 AM 08:55 AM 10:55 AM 12:56 PM 02:56 PM 04:56 PM 06:57 PM 08:57 PM 10:57 PM
Creative Activities: Art/Craft	Which Holds More	English	01:09 AM 03:10 AM 05:10 AM 07:10 AM 09:11 AM 11:11 AM 01:11 PM 03:12 PM 05:12 PM 07:13 PM 09:13 PM 11:13 PM
General English	Episode 10 Agreeing 2	English	01:10 AM 03:11 AM 05:11 AM 07:12 AM 09:12 AM 11:12 AM 01:13 PM 03:13 PM 05:14 PM 07:14 PM 09:14 PM 11:15 PM
General	Emotional Well-Being and Mental Health	English	01:26 AM 03:27 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:29 PM 07:30 PM 09:30 PM 11:30 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिन्दी	01:31 AM 03:32 AM 05:32 AM 07:32 AM 09:33 AM 11:33 AM 01:33 PM 03:34 PM 05:34 PM 07:35 PM 09:35 PM 11:35 PM
Creative Activities: Art/Craft	Mango Leaf Purse	English	01:32 AM 03:33 AM 05:33 AM 07:33 AM 09:34 AM 11:34 AM 01:34 PM 03:35 PM 05:35 PM 07:36 PM 09:36 PM 11:36 PM
Story Telling/ Value Education	गुलज़ार बच्चों के साथ	Hindi	01:34 AM 03:35 AM 05:35 AM 07:36 AM 09:36 AM 11:36 AM 01:37 PM 03:37 PM 05:37 PM 07:38 PM 09:38 PM 11:39 PM
General	E-Waste Management: Block 4.2	English	01:48 AM 03:48 AM 05:49 AM 07:49 AM 09:49 AM 11:50 AM 01:50 PM 03:51 PM 05:51 PM 07:51 PM 09:52 PM 11:52 PM
बृहस्पतिवार, 15 जनवरी 2026 Thursday, 15 January 2026			
General	Air pollution - I	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



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Vocational Video	Identification of trees	English/hindi	12:26 AM 02:26 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:30 PM 04:31 PM 06:31 PM 08:32 PM 10:33 PM
Story Telling/ Value Education	एक अनेक और एकता	Hindi	12:36 AM 02:37 AM 04:37 AM 06:38 AM 08:39 AM 10:39 AM 12:40 PM 02:40 PM 04:41 PM 06:42 PM 08:42 PM 10:43 PM
General Awareness Programme	Plastic Bag Demon	English	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 06:49 PM 08:49 PM 10:50 PM
General	Parts of Flower	Hindi/ english	12:51 AM 02:52 AM 04:52 AM 06:53 AM 08:54 AM 10:54 AM 12:55 PM 02:55 PM 04:56 PM 06:57 PM 08:57 PM 10:58 PM
योग	सूर्य नमस्कार	English/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 09:02 PM 11:03 PM
Story Telling/ Value Education	बबलू की नाव	Hindi	01:03 AM 03:04 AM 05:04 AM 07:05 AM 09:05 AM 11:06 AM 01:07 PM 03:07 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala)-1	Hindi	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
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	हिन्दी	01:35 AM 03:35 AM 05:36 AM 07:37 AM 09:37 AM 11:38 AM 01:38 PM 03:39 PM 05:40 PM 07:40 PM 09:41 PM 11:42 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	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



DD Free Dish Channel #30



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Dish TV Channel #2029

शुक्रवार, 16 जनवरी 2026
Friday, 16 January 2026

General	Air pollution - II	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
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	हिन्दी	12:26 AM 02:26 AM 04:27 AM 06:27 AM 08:28 AM 10:29 AM 12:29 PM 02:30 PM 04:30 PM 06:31 PM 08:32 PM 10:32 PM
General English	Episode 2 Greeting an Acquaintance	English	12:27 AM 02:27 AM 04:28 AM 06:28 AM 08:29 AM 10:30 AM 12:30 PM 02:31 PM 04:31 PM 06:32 PM 08:33 PM 10:33 PM
Creative Activities: Art/Craft	Paper Lantern	English	12:35 AM 02:36 AM 04:37 AM 06:37 AM 08:38 AM 10:38 AM 12:39 PM 02:40 PM 04:40 PM 06:41 PM 08:41 PM 10:42 PM
General	E-Waste Management: Film 2	English	12:39 AM 02:39 AM 04:40 AM 06:40 AM 08:41 AM 10:42 AM 12:42 PM 02:43 PM 04:43 PM 06:44 PM 08:45 PM 10:45 PM
Story Telling/ Value Education	Story Telling: Meena - 12 I am Meena	Hindi	12:48 AM 02:48 AM 04:49 AM 06:49 AM 08:50 AM 10:51 AM 12:51 PM 02:52 PM 04:52 PM 06:53 PM 08:54 PM 10:54 PM
General	E-Waste Management: Block 2	English	01:10 AM 03:11 AM 05:11 AM 07:12 AM 09:12 AM 11:13 AM 01:14 PM 03:14 PM 05:15 PM 07:15 PM 09:16 PM 11:17 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:29 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:32 PM 11:33 PM



DD Free Dish Channel #30



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Dish TV Channel #2029

शनिवार, 17 जनवरी 2026
Saturday, 17 January 2026

General	Air pollution - II	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 Video	Ten plants for home decoration	English/hindi	12:26 AM 02:26 AM 04:27 AM 06:27 AM 08:27 AM 10:28 AM 12:28 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
General	E-Waste Management: Block 4.1	English	12:39 AM 02:40 AM 04:40 AM 06:41 AM 08:41 AM 10:42 AM 12:42 PM 02:42 PM 04:43 PM 06:43 PM 08:44 PM 10:44 PM
General	Pawanmuktasana	English	12:55 AM 02:55 AM 04:55 AM 06:56 AM 08:56 AM 10:57 AM 12:57 PM 02:58 PM 04:58 PM 06:59 PM 08:59 PM 11:00 PM
General	Health and Sanitisation	English	12:58 AM 02:58 AM 04:58 AM 06:59 AM 08:59 AM 11:00 AM 01:00 PM 03:01 PM 05:01 PM 07:02 PM 09:02 PM 11:03 PM
Story Telling/ Value Education	बुद्धिर्यस्य बलमतस्य	Hindi	01:05 AM 03:05 AM 05:06 AM 07:06 AM 09:07 AM 11:07 AM 01:08 PM 03:08 PM 05:09 PM 07:09 PM 09:10 PM 11:10 PM
General English	Episode 5 Giving Advice 1	English	01:14 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 09:19 PM 11:19 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:28 AM 03:28 AM 05:29 AM 07:29 AM 09:30 AM 11:30 AM 01:31 PM 03:31 PM 05:31 PM 07:32 PM 09:32 PM 11:33 PM



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Dish TV Channel #2029

Story Telling/ Value Education	एक अनेक और एकता	Hindi	01:29 AM 03:29 AM 05:30 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 Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:36 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:38 AM 01:38 PM 03:39 PM 05:39 PM 07:40 PM 09:40 PM 11:41 PM
रविवार, 18 जनवरी 2026 Sunday, 18 January 2026			
Vocational Video	Identification of trees	English/hindi	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 08:07 PM 10:07 PM
Story Telling/ Value Education	Story Telling: Meena - 12 I am Meena	Hindi	12:11 AM 02:12 AM 04:13 AM 06:13 AM 08:14 AM 10:15 AM 12:15 PM 02:16 PM 04:17 PM 06:17 PM 08:18 PM 10:19 PM
General	What is Science?	English	12:27 AM 02:27 AM 04:28 AM 06:29 AM 08:29 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:33 PM 08:34 PM 10:34 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:45 AM 02:45 AM 04:46 AM 06:47 AM 08:47 AM 10:48 AM 12:49 PM 02:49 PM 04:50 PM 06:51 PM 08:52 PM 10:52 PM
General Awareness Programme	Petrol Pump	English	12:45 AM 02:46 AM 04:47 AM 06:48 AM 08:48 AM 10:49 AM 12:50 PM 02:50 PM 04:51 PM 06:52 PM 08:52 PM 10:53 PM
General	Surya_Namaskar	English	12:59 AM 03:00 AM 05:00 AM 07:01 AM 09:02 AM 11:02 AM 01:03 PM 03:04 PM 05:04 PM 07:05 PM 09:06 PM 11:07 PM



DD Free Dish Channel #30



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Dish TV Channel #2029

General	Gender Equality	English	01:06 AM 03:06 AM 05:07 AM 07:08 AM 09:08 AM 11:09 AM 01:10 PM 03:10 PM 05:11 PM 07:12 PM 09:13 PM 11:13 PM
General	E-Waste Management: Block 5	English	01:13 AM 03:13 AM 05:14 AM 07:15 AM 09:16 AM 11:16 AM 01:17 PM 03:18 PM 05:18 PM 07:19 PM 09:20 PM 11:20 PM
Creative Activities: Art/Craft	Paper Skeleton	English	01:34 AM 03:35 AM 05:36 AM 07:36 AM 09:37 AM 11:38 AM 01:38 PM 03:39 PM 05:40 PM 07:40 PM 09:41 PM 11:42 PM
Story Telling/ Value Education	आम की टोकरी	Hindi	01:38 AM 03:39 AM 05:39 AM 07:40 AM 09:41 AM 11:41 AM 01:42 PM 03:43 PM 05:44 PM 07:44 PM 09:45 PM 11:46 PM
Vocational Video	कक्षा 8 केश सौंदर्य उपकरणों का परिचय	Hindi	01:41 AM 03:41 AM 05:42 AM 07:43 AM 09:43 AM 11:44 AM 01:45 PM 03:45 PM 05:46 PM 07:47 PM 09:48 PM 11:48 PM
सोमवार, 19 जनवरी 2026 Monday, 19 January 2026			
General English	Episode 11 Agreeing 3	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
General Awareness Programme	Personal Safety	English	12:11 AM 02:11 AM 04:12 AM 06:12 AM 08:12 AM 10:13 AM 12:13 PM 02:13 PM 04:14 PM 06:14 PM 08:14 PM 10:15 PM
Creative Activities: Art/Craft	Stick Transmission - How Force is Transmitted along Matchsticks	English	12:32 AM 02:32 AM 04:33 AM 06:33 AM 08:33 AM 10:34 AM 12:34 PM 02:34 PM 04:35 PM 06:35 PM 08:36 PM 10:36 PM
General	Air pollution - II	English	12:34 AM 02:34 AM 04:35 AM 06:35 AM 08:35 AM 10:36 AM 12:36 PM 02:36 PM 04:37 PM 06:37 PM 08:37 PM 10:38 PM



DD Free Dish Channel #30



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Dish TV Channel #2029

Physical Education	प्राणायाम और ध्यान	Hindi	01:00 AM 03:00 AM 05:00 AM 07:01 AM 09:01 AM 11:01 AM 01:02 PM 03:02 PM 05:02 PM 07:03 PM 09:03 PM 11:03 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala) -6	Hindi	01:30 AM 03:31 AM 05:31 AM 07:31 AM 09:32 AM 11:32 AM 01:32 PM 03:33 PM 05:33 PM 07:33 PM 09:34 PM 11:34 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	हिन्दी	01:48 AM 03:49 AM 05:49 AM 07:50 AM 09:50 AM 11:50 AM 01:51 PM 03:51 PM 05:51 PM 07:52 PM 09:52 PM 11:52 PM
Vocational Video	Identification of trees	English/hindi	01:49 AM 03:50 AM 05:50 AM 07:51 AM 09:51 AM 11:51 AM 01:52 PM 03:52 PM 05:52 PM 07:53 PM 09:53 PM 11:53 PM
मंगलवार, 20 जनवरी 2026 Tuesday, 20 January 2026			
Vocational Video	Identification of trees	English/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
सामान्य	आज़ादी की अमृत कहानियां (पूनम नौटियाल - जीवन)	हिन्दी	12:11 AM 02:11 AM 04:11 AM 06:11 AM 08:11 AM 10:11 AM 12:12 PM 02:12 PM 04:12 PM 06:12 PM 08:12 PM 10:12 PM
Art and Craft	Toys from Trash: Face Fraud	Hindi	12:13 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:14 PM 04:14 PM 06:14 PM 08:14 PM 10:14 PM
General Awareness Programme	Personal Safety	English	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:16 PM 04:16 PM 06:16 PM 08:16 PM 10:16 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	12:29 AM 02:29 AM 04:30 AM 06:30 AM 08:30 AM 10:30 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:30 PM 10:30 PM



Physical Education	सूक्ष्म योगिक व्यायाम	Hindi	12:30 AM 02:30 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:31 PM 08:31 PM 10:31 PM
सामान्य	आजादी की अमृत कहानियां (बसंती देवी - जल)	हिन्दी	01:05 AM 03:05 AM 05:05 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 English	Episode 13 Disagreeing 2	English	01:08 AM 03:08 AM 05:08 AM 07:08 AM 09:08 AM 11:08 AM 01:08 PM 03:08 PM 05:08 PM 07:08 PM 09:08 PM 11:08 PM
Creative Activities: Art/Craft	Paper Lantern	English	01:22 AM 03:22 AM 05:22 AM 07:23 AM 09:23 AM 11:23 AM 01:23 PM 03:23 PM 05:23 PM 07:23 PM 09:23 PM 11:23 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	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 05:26 PM 07:26 PM 09:26 PM 11:26 PM

बुधवार, 21 जनवरी 2026
Wednesday, 21 January 2026

Physical Education	सूक्ष्म योगिक व्यायाम	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
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	हिन्दी	12:36 AM 02:36 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:36 PM 04:36 PM 06:37 PM 08:37 PM 10:37 PM
General English	Episode 5 Giving Advice 1	English	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 08:38 PM 10:38 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:50 AM 02:50 AM 04:50 AM 06:50 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



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General	आओ सैर करें - लक्षद्वीप	Hindi	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:52 AM 12:52 PM 02:52 PM 04:52 PM 06:52 PM 08:52 PM 10:52 PM
General English	Episode 6 Giving Advice 2	English	12:55 AM 02:55 AM 04:55 AM 06:55 AM 08:55 AM 10:55 AM 12:55 PM 02:56 PM 04:56 PM 06:56 PM 08:56 PM 10:56 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala) -6	Hindi	01:08 AM 03:08 AM 05:08 AM 07:08 AM 09:08 AM 11:08 AM 01:08 PM 03:08 PM 05:08 PM 07:08 PM 09:08 PM 11:09 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:24 AM 11:24 AM 01:24 PM 03:24 PM 05:24 PM 07:24 PM 09:24 PM 11:24 PM
बृहस्पतिवार, 22 जनवरी 2026 Thursday, 22 January 2026			
General Awareness Programme	Moon And The Artificial Satellite	Hindi	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 08:07 PM 10:07 PM
General	E-Waste Management: Block 4.2	English	12:18 AM 02:18 AM 04:19 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
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिन्दी	12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:33 AM 10:33 AM 12:34 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:38 PM
General	Parts of Flower	Hindi/ english	12:31 AM 02:31 AM 04:32 AM 06:33 AM 08:34 AM 10:34 AM 12:35 PM 02:36 PM 04:36 PM 06:37 PM 08:38 PM 10:38 PM
Story Telling/ Value Education	Story Telling: Meena - 6 too young to Marry	Hindi	12:36 AM 02:37 AM 04:37 AM 06:38 AM 08:39 AM 10:39 AM 12:40 PM 02:41 PM 04:41 PM 06:42 PM 08:43 PM 10:44 PM



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General Awareness Programme	Levers Around Us	English	12:49 AM 02:50 AM 04:51 AM 06:51 AM 08:52 AM 10:53 AM 12:53 PM 02:54 PM 04:55 PM 06:56 PM 08:56 PM 10:57 PM
General	What is Science?	English	12:57 AM 02:58 AM 04:59 AM 06:59 AM 09:00 AM 11:01 AM 01:01 PM 03:02 PM 05:03 PM 07:04 PM 09:04 PM 11:05 PM
Creative Activities: Art/Craft	Paper Skeleton	English	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
Story Telling/ Value Education	बुद्धि बलवति	Hindi	01:19 AM 03:20 AM 05:21 AM 07:21 AM 09:22 AM 11:23 AM 01:23 PM 03:24 PM 05:25 PM 07:25 PM 09:26 PM 11:27 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:25 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:29 AM 01:29 PM 03:30 PM 05:31 PM 07:32 PM 09:32 PM 11:33 PM
शुक्रवार, 23 जनवरी 2026 Friday, 23 January 2026			
Vocational Video	Plumbing Tools	English/hindi	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 English	Episode 7 Making Requests 1	English	12:15 AM 02:15 AM 04:16 AM 06:16 AM 08:16 AM 10:17 AM 12:17 PM 02:17 PM 04:18 PM 06:18 PM 08:18 PM 10:19 PM
General	आओ सैर करें - पोरबन्दर	Hindi	12:26 AM 02:26 AM 04:27 AM 06:27 AM 08:27 AM 10:28 AM 12:28 PM 02:28 PM 04:29 PM 06:29 PM 08:29 PM 10:30 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिन्दी	12:31 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:34 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala) -6	Hindi	12:32 AM 02:32 AM 04:32 AM 06:33 AM 08:33 AM 10:33 AM 12:34 PM 02:34 PM 04:34 PM 06:35 PM 08:35 PM 10:35 PM



General	Air pollution - II	English	12:47 AM 02:48 AM 04:48 AM 06:48 AM 08:49 AM 10:49 AM 12:49 PM 02:50 PM 04:50 PM 06:50 PM 08:51 PM 10:51 PM
General	Growing up Healthy	English	01:12 AM 03:13 AM 05:13 AM 07:13 AM 09:14 AM 11:14 AM 01:14 PM 03:15 PM 05:15 PM 07:15 PM 09:15 PM 11:16 PM
Story Telling/ Value Education	A Sunrise at Ganga Sagar	English/hindi	01:16 AM 03:17 AM 05:17 AM 07:17 AM 09:18 AM 11:18 AM 01:18 PM 03:19 PM 05:19 PM 07:19 PM 09:20 PM 11:20 PM
General	E-Waste Management: Film 1	English	01:31 AM 03:32 AM 05:32 AM 07:32 AM 09:33 AM 11:33 AM 01:33 PM 03:34 PM 05:34 PM 07:34 PM 09:35 PM 11:35 PM
General Awareness Programme	रौशनी और रंग	Hindi	01:44 AM 03:44 AM 05:45 AM 07:45 AM 09:45 AM 11:45 AM 01:46 PM 03:46 PM 05:46 PM 07:47 PM 09:47 PM 11:47 PM
शनिवार, 24 जनवरी 2026 Saturday, 24 January 2026			
General	Air pollution - II	English	12:00 AM 02:16 AM 04:32 AM 06:48 AM 09:04 AM 11:21 AM 01:37 PM 03:53 PM 06:09 PM 08:25 PM 10:42 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिन्दी	12:26 AM 02:42 AM 04:58 AM 07:14 AM 09:30 AM 11:47 AM 02:03 PM 04:19 PM 06:35 PM 08:51 PM 11:08 PM
Vocational Video	Ten plants for home decoration	English/hindi	12:27 AM 02:43 AM 04:59 AM 07:15 AM 09:31 AM 11:48 AM 02:04 PM 04:20 PM 06:36 PM 08:52 PM 11:09 PM
General	Health and Sanitisation	Hindi	12:40 AM 02:56 AM 05:13 AM 07:29 AM 09:45 AM 12:01 PM 02:17 PM 04:34 PM 06:50 PM 09:06 PM 11:22 PM

General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	12:47 AM 03:03 AM 05:19 AM 07:35 AM 09:52 AM 12:08 PM 02:24 PM 04:40 PM 06:56 PM 09:13 PM 11:29 PM
Creative Activities: Art/Craft	3D Buddha Paper Sculptor	English	01:08 AM 03:24 AM 05:41 AM 07:57 AM 10:13 AM 12:29 PM 02:45 PM 05:02 PM 07:18 PM 09:34 PM 11:50 PM
सामान्य	आज़ादी की अमृत कहानियां (हर्षिणी कान्हेकर - अग्नि)	हिन्दी	01:13 AM 03:30 AM 05:46 AM 08:02 AM 10:18 AM 12:34 PM 02:51 PM 05:07 PM 07:23 PM 09:39 PM 11:55 PM
Physical Education	धनुरासन	Hindi	01:16 AM 03:32 AM 05:48 AM 08:04 AM 10:21 AM 12:37 PM 02:53 PM 05:09 PM 07:25 PM 09:42 PM 11:58 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	01:28 AM 03:44 AM 06:00 AM 08:17 AM 10:33 AM 12:49 PM 03:05 PM 05:21 PM 07:38 PM 09:54 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:51 AM 04:07 AM 06:24 AM 08:40 AM 10:56 AM 01:12 PM 03:28 PM 05:45 PM 08:01 PM 10:17 PM
रविवार, 25 जनवरी 2026 Sunday, 25 January 2026			
General English	Episode 4 Meeting People: Pleased to meet you	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 English	Episode 10 Agreeing 2	English	12:14 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:17 AM 12:17 PM 02:18 PM 04:18 PM 06:19 PM 08:19 PM 10:20 PM
सामान्य	आज़ादी की अमृत कहानियां (तन्वी जगदीश-सागर)	हिन्दी	12:30 AM 02:30 AM 04:31 AM 06:32 AM 08:32 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:35 PM 08:35 PM 10:36 PM



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General	What is Science?	English	12:32 AM 02:33 AM 04:33 AM 06:34 AM 08:34 AM 10:35 AM 12:35 PM 02:36 PM 04:36 PM 06:37 PM 08:38 PM 10:38 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	हिन्दी	12:50 AM 02:51 AM 04:51 AM 06:52 AM 08:52 AM 10:53 AM 12:53 PM 02:54 PM 04:55 PM 06:55 PM 08:56 PM 10:56 PM
Physical Education	चक्रासन	Hindi	12:51 AM 02:52 AM 04:52 AM 06:53 AM 08:53 AM 10:54 AM 12:54 PM 02:55 PM 04:56 PM 06:56 PM 08:57 PM 10:57 PM
General	E-Waste Management: Film 2	English	01:03 AM 03:04 AM 05:05 AM 07:05 AM 09:06 AM 11:06 AM 01:07 PM 03:07 PM 05:08 PM 07:08 PM 09:09 PM 11:09 PM
General	Values and Types of Wetlands Part -2	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 07:18 PM 09:19 PM 11:19 PM
Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	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 07:26 PM 09:27 PM 11:27 PM
Vocational Video	Identification of trees	English/hindi	01:43 AM 03:44 AM 05:44 AM 07:45 AM 09:45 AM 11:46 AM 01:46 PM 03:47 PM 05:47 PM 07:48 PM 09:48 PM 11:49 PM
Story Telling/ Value Education	Khel Khel Main Animation	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 05:58 PM 07:58 PM 09:59 PM 11:59 PM
सोमवार, 26 जनवरी 2026 Monday, 26 January 2026			
General Awareness Programme	Life cycle of a Plant	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



Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	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
Story Telling/ Value Education	बबलू की नाव	Hindi	12:18 AM 02:18 AM 04:19 AM 06:19 AM 08:20 AM 10:21 AM 12:21 PM 02:22 PM 04:22 PM 06:23 PM 08:23 PM 10:24 PM
Creative Activities: Art/Craft	Shell Sack - Bag to Separately Hold Peels and Fruit	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 04:55 PM 06:55 PM 08:56 PM 10:56 PM
General	Air pollution - II	English	12:53 AM 02:54 AM 04:54 AM 06:55 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
General Awareness	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:18 AM 03:19 AM 05:19 AM 07:20 AM 09:20 AM 11:21 AM 01:21 PM 03:22 PM 05:22 PM 07:23 PM 09:23 PM 11:24 PM
General English	Episode 12 Disagreeing 1	English	01:24 AM 03:25 AM 05:25 AM 07:26 AM 09:26 AM 11:27 AM 01:27 PM 03:28 PM 05:28 PM 07:29 PM 09:29 PM 11:30 PM
General	जादुई किताब	Hindi	01:38 AM 03:38 AM 05:39 AM 07:39 AM 09:40 AM 11:40 AM 01:41 PM 03:41 PM 05:42 PM 07:43 PM 09:43 PM 11:44 PM
General	Parts of Flower	Hindi/ english	01:55 AM 03:55 AM 05:56 AM 07:56 AM 09:57 AM 11:57 AM 01:58 PM 03:58 PM 05:59 PM 07:59 PM 10:00 PM
मंगलवार, 27 जनवरी 2026 Tuesday, 27 January 2026			
General	Air pollution - I	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 06:05 PM 08:05 PM 10:06 PM



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General English	Episode 12 Disagreeing 1	English	12:26 AM 02:26 AM 04:27 AM 06:27 AM 08:28 AM 10:29 AM 12:29 PM 02:30 PM 04:30 PM 06:31 PM 08:31 PM 10:32 PM
General	Safety and Security	Hindi	12:42 AM 02:42 AM 04:43 AM 06:43 AM 08:44 AM 10:44 AM 12:45 PM 02:46 PM 04:46 PM 06:47 PM 08:47 PM 10:48 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिन्दी	12:47 AM 02:48 AM 04:48 AM 06:49 AM 08:50 AM 10:50 AM 12:51 PM 02:51 PM 04:52 PM 06:52 PM 08:53 PM 10:54 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala)-2	Hindi	12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:51 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:53 PM 08:54 PM 10:55 PM
General Awareness Programme	Panni Quinn and Polar Bear	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 07:08 PM 09:09 PM 11:10 PM
Story Telling/ Value Education	Story Telling: Meena - 9 I love School	Hindi	01:11 AM 03:11 AM 05:12 AM 07:12 AM 09:13 AM 11:14 AM 01:14 PM 03:15 PM 05:15 PM 07:16 PM 09:16 PM 11:17 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:25 AM 03:25 AM 05:26 AM 07:27 AM 09:27 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:30 PM 09:31 PM 11:31 PM
बुधवार, 28 जनवरी 2026 Wednesday, 28 January 2026			
Physical Education	सूक्ष्म यौगिक व्यायाम	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 04:01 PM 06:01 PM 08:01 PM 10:01 PM
Story Telling/ Value Education	Story Telling: Meena - 7 Say not to dowry	Hindi	12:36 AM 02:36 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:37 PM 02:37 PM 04:37 PM 06:37 PM 08:37 PM 10:37 PM



Creative Activities: Art/Craft	Paper Clapper	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 04:51 PM 06:51 PM 08:51 PM 10:51 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala)-3	Hindi	12:51 AM 02:51 AM 04:51 AM 06:52 AM 08:52 AM 10:52 AM 12:52 PM 02:52 PM 04:52 PM 06:52 PM 08:53 PM 10:53 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिन्दी	01:08 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:09 AM 01:09 PM 03:09 PM 05:10 PM 07:10 PM 09:10 PM 11:10 PM
General Awareness Programme	Life cycle of a Plant	Hindi	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 09:11 PM 11:11 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM
बृहस्पतिवार, 29 जनवरी 2026 Thursday, 29 January 2026			
Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	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 08:07 PM 10:07 PM
General	E-Waste Management: Block 3	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 08:22 PM 10:23 PM
General	दादी पोती का मकबरा	Hindi	12:34 AM 02:34 AM 04:35 AM 06:36 AM 08:36 AM 10:37 AM 12:38 PM 02:38 PM 04:39 PM 06:40 PM 08:41 PM 10:41 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:38 AM 02:39 AM 04:39 AM 06:40 AM 08:41 AM 10:42 AM 12:42 PM 02:43 PM 04:44 PM 06:44 PM 08:45 PM 10:46 PM



General	What is Science?	English	12:39 AM 02:40 AM 04:40 AM 06:41 AM 08:42 AM 10:42 AM 12:43 PM 02:44 PM 04:44 PM 06:45 PM 08:46 PM 10:47 PM
General	Gender Equality	English	12:57 AM 02:58 AM 04:58 AM 06:59 AM 09:00 AM 11:00 AM 01:01 PM 03:02 PM 05:03 PM 07:03 PM 09:04 PM 11:05 PM
General	Ardha Chakrasana	English	01:04 AM 03:05 AM 05:05 AM 07:06 AM 09:07 AM 11:08 AM 01:08 PM 03:09 PM 05:10 PM 07:10 PM 09:11 PM 11:12 PM
Story Telling/ Value Education	Story Telling: Meena - 3 Saving the life	Hindi	01:08 AM 03:08 AM 05:09 AM 07:10 AM 09:10 AM 11:11 AM 01:12 PM 03:13 PM 05:13 PM 07:14 PM 09:15 PM 11:15 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:21 AM 03:22 AM 05:23 AM 07:23 AM 09:24 AM 11:25 AM 01:25 PM 03:26 PM 05:27 PM 07:27 PM 09:28 PM 11:29 PM
शुक्रवार, 30 जनवरी 2026 Friday, 30 January 2026			
General	Surya_Namaskar	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 English	Episode 10 Agreeing 2	English	12:07 AM 02:08 AM 04:08 AM 06:09 AM 08:09 AM 10:10 AM 12:10 PM 02:10 PM 04:11 PM 06:11 PM 08:12 PM 10:12 PM
General Awareness Programme	Moon And The Artificial Satellite	Hindi	12:23 AM 02:24 AM 04:24 AM 06:25 AM 08:25 AM 10:25 AM 12:26 PM 02:26 PM 04:27 PM 06:27 PM 08:27 PM 10:28 PM
General	Air pollution - II	English	12:45 AM 02:46 AM 04:46 AM 06:46 AM 08:47 AM 10:47 AM 12:48 PM 02:48 PM 04:49 PM 06:49 PM 08:49 PM 10:50 PM



Story Telling/ Value Education	A Sunrise at Ganga Sagar	English/hindi	01:10 AM 03:11 AM 05:11 AM 07:11 AM 09:12 AM 11:12 AM 01:13 PM 03:13 PM 05:13 PM 07:14 PM 09:14 PM 11:15 PM
Cultural Heritage: Art, Music, Dance	Kala Utsav - 2022 -Dance Folk(Boy)Tamil Nadu	English/hindi	01:25 AM 03:25 AM 05:26 AM 07:26 AM 09:27 AM 11:27 AM 01:28 PM 03:28 PM 05:28 PM 07:29 PM 09:29 PM 11:30 PM
Story Telling/ Value Education	गुलज़ार बच्चों के साथ	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 05:36 PM 07:37 PM 09:37 PM 11:38 PM
Cultural Heritage: Art, Music, Dance	Nature in Dance Movements	Hindi/ english	01:46 AM 03:46 AM 05:47 AM 07:47 AM 09:47 AM 11:48 AM 01:48 PM 03:49 PM 05:49 PM 07:49 PM 09:50 PM 11:50 PM
शनिवार, 31 जनवरी 2026 Saturday, 31 January 2026			
General	Air pollution - II	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
Story Telling/ Value Education	छोटा या बड़ा	Hindi	12:26 AM 02:26 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:30 PM 02:30 PM 04:31 PM 06:32 PM 08:32 PM 10:33 PM
Vocational Video	Ten plants for home decoration	English/hindi	12:31 AM 02:31 AM 04:32 AM 06:33 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
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिन्दी	12:44 AM 02:45 AM 04:46 AM 06:46 AM 08:47 AM 10:48 AM 12:48 PM 02:49 PM 04:50 PM 06:50 PM 08:51 PM 10:52 PM



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Story Telling/ Value Education	Story Telling: Meena - 10 Take care of Girl	Hindi	12:45 AM 02:46 AM 04:46 AM 06:47 AM 08:48 AM 10:48 AM 12:49 PM 02:50 PM 04:50 PM 06:51 PM 08:52 PM 10:52 PM
General	E-Waste Management: Block 4.2	English	12:59 AM 03:00 AM 05:01 AM 07:01 AM 09:02 AM 11:03 AM 01:03 PM 03:04 PM 05:05 PM 07:05 PM 09:06 PM 11:07 PM
General	I will work & work with courage	English	01:11 AM 03:12 AM 05:13 AM 07:13 AM 09:14 AM 11:15 AM 01:15 PM 03:16 PM 05:17 PM 07:17 PM 09:18 PM 11:19 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	01:14 AM 03:15 AM 05:16 AM 07:16 AM 09:17 AM 11:18 AM 01:18 PM 03:19 PM 05:20 PM 07:20 PM 09:21 PM 11:22 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:36 AM 03:36 AM 05:37 AM 07:38 AM 09:38 AM 11:39 AM 01:40 PM 03:40 PM 05:41 PM 07:42 PM 09:42 PM 11:43 PM

