

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

कक्षा-10 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 10

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
हिन्दी	हिन्दी	हिन्दी	हिन्दी	संस्कृत	संस्कृत	उर्दू (اردو)
भूगोल	भूगोल	इतिहास	इतिहास	राजनीति विज्ञान	राजनीति विज्ञान	अर्थशास्त्र
विज्ञान	विज्ञान	गणित	गणित	गणित	गणित	विज्ञान
English	English	English	English	Geography	Geography	Economics
Mathematics	Mathematics	History	History	Mathematics	Mathematics	Political Science
Political Science	Political Science	Science	Science	Science	Science	General

☞ This table refers to the subject-wise weekly program schedule comprising programs of different subjects/themes scheduled to be transmitted on a concerned day as a set of programs and the same is repeated as a program cycle approximately 9 to 10 times a day and the same scheme is followed for the whole month.

☞ For more info, kindly navigate to PM eVIDYA page on the SWAYAM PRABHA web portal or visit the link:

https://www.swayamprabha.gov.in/index.php/program/current_se/28.

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

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

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



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

जून 2026
June 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
सोमवार, 01 जून 2026 Monday, 01 June 2026			
हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-1	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:58 PM 05:58 PM 08:58 PM 11:58 PM
Health, Physical Education/Yoga/ Sports	Yoga - Paschimottanaasan	Hindi	12:21 AM 03:21 AM 06:20 AM 09:20 AM 12:20 PM 03:20 PM 06:19 PM 09:19 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-3: जल संसाधन भाग-1	Hindi	12:33 AM 03:33 AM 06:33 AM 09:33 AM 12:32 PM 03:32 PM 06:32 PM 09:32 PM
Cyber Security	Cyber Stalking	English	12:53 AM 03:53 AM 06:53 AM 09:53 AM 12:52 PM 03:52 PM 06:52 PM 09:52 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	12:54 AM 03:54 AM 06:54 AM 09:54 AM 12:53 PM 03:53 PM 06:53 PM 09:53 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	01:29 AM 04:28 AM 07:28 AM 10:28 AM 01:28 PM 04:27 PM 07:27 PM 10:27 PM
General	E-Waste Management: Film 2	English	01:52 AM 04:52 AM 07:52 AM 10:52 AM 01:51 PM 04:51 PM 07:51 PM 10:51 PM
Mathematics	Maths: Chap 15: Probability	English	02:01 AM 05:01 AM 08:01 AM 11:01 AM 02:00 PM 05:00 PM 08:00 PM 11:00 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	02:31 AM 05:31 AM 08:31 AM 11:31 AM 02:30 PM 05:30 PM 08:30 PM 11:30 PM



Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:38 AM 05:38 AM 08:37 AM 11:37 AM 02:37 PM 05:37 PM 08:36 PM 11:36 PM
मंगलवार, 02 जून 2026 Tuesday, 02 June 2026			
हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-2	Hindi	12:00 AM 02:56 AM 05:53 AM 08:50 AM 11:46 AM 02:43 PM 05:40 PM 08:36 PM 11:33 PM
Cyber Security	Physical Security	English	12:29 AM 03:25 AM 06:22 AM 09:19 AM 12:15 PM 03:12 PM 06:09 PM 09:05 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-2	Hindi	12:31 AM 03:28 AM 06:24 AM 09:21 AM 12:18 PM 03:14 PM 06:11 PM 09:08 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:56 AM 03:53 AM 06:49 AM 09:46 AM 12:43 PM 03:39 PM 06:36 PM 09:33 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	01:01 AM 03:58 AM 06:55 AM 09:51 AM 12:48 PM 03:45 PM 06:41 PM 09:38 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	01:26 AM 04:23 AM 07:19 AM 10:16 AM 01:13 PM 04:09 PM 07:06 PM 10:03 PM
Mathematics	Maths: Chap 15: Probability-1	English	02:00 AM 04:57 AM 07:53 AM 10:50 AM 01:47 PM 04:43 PM 07:40 PM 10:37 PM
General	Gender Equality (H)	Hindi	02:14 AM 05:11 AM 08:07 AM 11:04 AM 02:01 PM 04:57 PM 07:54 PM 10:51 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:21 AM 05:18 AM 08:15 AM 11:11 AM 02:08 PM 05:05 PM 08:01 PM 10:58 PM
General English	Episode 12 Disagreeing 1	English	02:42 AM 05:39 AM 08:36 AM 11:32 AM 02:29 PM 05:26 PM 08:22 PM 11:19 PM



बुधवार, 03 जून 2026
Wednesday, 03 June 2026

हिंदी	हिंदी : पाठ-17: भदंत आनंद कैसल्यायन: संस्कृति	Hindi	12:00 AM 03:01 AM 06:03 AM 09:05 AM 12:07 PM 03:09 PM 06:11 PM 09:13 PM
General	Safe Use of Internet (H)	Hindi	12:33 AM 03:35 AM 06:37 AM 09:39 AM 12:40 PM 03:42 PM 06:44 PM 09:46 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-1	Hindi	12:39 AM 03:41 AM 06:43 AM 09:45 AM 12:47 PM 03:48 PM 06:50 PM 09:52 PM
Cyber Security	Blogging Tips	English	01:01 AM 04:03 AM 07:05 AM 10:07 AM 01:09 PM 04:11 PM 07:13 PM 10:14 PM
गणित	गणित: पाठ-5: समान्तर श्रेणियाँ -1	Hindi	01:02 AM 04:04 AM 07:06 AM 10:08 AM 01:10 PM 04:11 PM 07:13 PM 10:15 PM
Language (English)	English: Ch-2: Poem- A Tiger in the Zoo	English	01:33 AM 04:35 AM 07:37 AM 10:39 AM 01:41 PM 04:42 PM 07:44 PM 10:46 PM
Cyber Security	Change Passwords like Socks	Hindi	01:51 AM 04:53 AM 07:55 AM 10:57 AM 01:59 PM 05:01 PM 08:03 PM 11:05 PM
Social Science (History)	S.Sc. (His): Chapter-2 Nationalism in India-1	English	01:52 AM 04:53 AM 07:55 AM 10:57 AM 01:59 PM 05:01 PM 08:03 PM 11:05 PM
Science	Science: Chap 6: Life Processes -1	English	02:31 AM 05:33 AM 08:35 AM 11:36 AM 02:38 PM 05:40 PM 08:42 PM 11:44 PM
General English	Episode 7 Making Requests 1	English	02:50 AM 05:52 AM 08:54 AM 11:56 AM 02:58 PM 06:00 PM 09:02 PM
बृहस्पतिवार, 04 जून 2026			
Thursday, 04 June 2026			
हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-1	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:58 PM 11:58 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Cyber Safety	The Social Media - Boon or Bane	English	12:26 AM 03:26 AM 06:26 AM 09:26 AM 12:26 PM 03:25 PM 06:25 PM 09:25 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-2	Hindi	12:30 AM 03:30 AM 06:29 AM 09:29 AM 12:29 PM 03:29 PM 06:29 PM 09:29 PM
गणित	गणित : पाठ-5: समान्तर श्रेढियाँ -2	Hindi	01:08 AM 04:07 AM 07:07 AM 10:07 AM 01:07 PM 04:07 PM 07:07 PM 10:06 PM
Language (English)	English: Ch-1: A Triumph of Surgery	English	01:39 AM 04:39 AM 07:39 AM 10:39 AM 01:38 PM 04:38 PM 07:38 PM 10:38 PM
General	Emotional Well Being and Mental Health (H)	Hindi	02:04 AM 05:04 AM 08:04 AM 11:03 AM 02:03 PM 05:03 PM 08:03 PM 11:03 PM
Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-2	English	02:09 AM 05:09 AM 08:09 AM 11:08 AM 02:08 PM 05:08 PM 08:08 PM 11:08 PM
General English	Episode 1 Greeting a Friend	English	02:32 AM 05:31 AM 08:31 AM 11:31 AM 02:31 PM 05:31 PM 08:31 PM 11:30 PM
Science	Science: Chap 6: Life Processes -2	English	02:40 AM 05:40 AM 08:39 AM 11:39 AM 02:39 PM 05:39 PM 08:39 PM 11:39 PM
शुक्रवार, 05 जून 2026 Friday, 05 June 2026			
संस्कृत	संस्कृत: पाठ - 1 शुचिपर्यावरणम्	Sanskrit	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:57 PM 05:57 PM 08:56 PM 11:56 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:31 AM 03:31 AM 06:30 AM 09:30 AM 12:29 PM 03:29 PM 06:28 PM 09:28 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-2: संघवाद	Hindi	12:37 AM 03:37 AM 06:36 AM 09:36 AM 12:35 PM 03:35 PM 06:34 PM 09:34 PM
Cyber Security	Online Gaming safety for children	English	01:00 AM 04:00 AM 06:59 AM 09:59 AM 12:58 PM 03:58 PM 06:57 PM 09:57 PM



गणित	गणित : पाठ-5: समान्तर श्रेढियाँ -3	Hindi	01:01 AM 04:01 AM 07:00 AM 10:00 AM 12:59 PM 03:59 PM 06:59 PM 09:58 PM
Cyber Security	Browser Practices: Best Practices	English	01:29 AM 04:28 AM 07:28 AM 10:27 AM 01:27 PM 04:27 PM 07:26 PM 10:26 PM
Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -1	English	01:30 AM 04:29 AM 07:29 AM 10:28 AM 01:28 PM 04:28 PM 07:27 PM 10:27 PM
Mathematics	Maths: Chapter 15: Probability-2	English	02:01 AM 05:00 AM 08:00 AM 10:59 AM 01:59 PM 04:59 PM 07:58 PM 10:58 PM
Science	Science: Chap 6: Life Processes -4	English	02:38 AM 05:37 AM 08:37 AM 11:36 AM 02:36 PM 05:35 PM 08:35 PM 11:35 PM
शनिवार, 06 जून 2026 Saturday, 06 June 2026			
संस्कृत	संस्कृत: पाठ-2 बुद्धिर्बलवती सदा-1	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:01 PM 06:01 PM 09:01 PM
Cyber Security	Student Identity Theft	Hindi	12:27 AM 03:27 AM 06:27 AM 09:28 AM 12:28 PM 03:28 PM 06:28 PM 09:29 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-4: जाति; धर्म और लैंगिक मसले -1	Hindi	12:28 AM 03:28 AM 06:29 AM 09:29 AM 12:29 PM 03:29 PM 06:30 PM 09:30 PM
General	Energy Saving	English	12:43 AM 03:43 AM 06:44 AM 09:44 AM 12:44 PM 03:44 PM 06:44 PM 09:45 PM
गणित	गणित : पाठ-5: समान्तर श्रेढियाँ -4	Hindi	12:45 AM 03:45 AM 06:45 AM 09:45 AM 12:46 PM 03:46 PM 06:46 PM 09:46 PM
Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -2	English	01:14 AM 04:14 AM 07:15 AM 10:15 AM 01:15 PM 04:15 PM 07:15 PM 10:16 PM
General	Interpersonal Relationships	English	01:41 AM 04:41 AM 07:41 AM 10:42 AM 01:42 PM 04:42 PM 07:42 PM 10:42 PM



Mathematics	Maths: Ch-1: Real Numbers-1	English	01:46 AM 04:46 AM 07:46 AM 10:46 AM 01:46 PM 04:47 PM 07:47 PM 10:47 PM
Science	Science: Chap 7: Control and Coordination	English	02:21 AM 05:22 AM 08:22 AM 11:22 AM 02:22 PM 05:23 PM 08:23 PM 11:23 PM
Cyber Security	Physical Security	English	02:57 AM 05:58 AM 08:58 AM 11:58 AM 02:58 PM 05:59 PM 08:59 PM 11:59 PM
रविवार, 07 जून 2026 Sunday, 07 June 2026			
Language (Urdu)	Urdu: Chp-4: Sir Sayyad Ka Bachpan	Urdu	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:00 PM 09:00 PM
सामान्य	Consumer Awareness	English	12:36 AM 03:36 AM 06:36 AM 09:36 AM 12:36 PM 03:36 PM 06:36 PM 09:36 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-1: विकास भाग-1	Hindi	12:41 AM 03:41 AM 06:41 AM 09:41 AM 12:41 PM 03:41 PM 06:41 PM 09:41 PM
Science	Alfred Nobel - 1	English	01:06 AM 04:06 AM 07:06 AM 10:06 AM 01:06 PM 04:06 PM 07:06 PM 10:06 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	01:14 AM 04:14 AM 07:14 AM 10:14 AM 01:14 PM 04:14 PM 07:14 PM 10:14 PM
General	Health And Sanitation (H)	Hindi	01:48 AM 04:48 AM 07:48 AM 10:48 AM 01:48 PM 04:48 PM 07:48 PM 10:48 PM
Social Science (Economics)	S.Sc (Eco): Ch-2 Sectors of the Indian Economy 1	English	01:54 AM 04:54 AM 07:54 AM 10:54 AM 01:54 PM 04:54 PM 07:54 PM 10:54 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-2: Federalism	English	02:36 AM 05:36 AM 08:36 AM 11:36 AM 02:36 PM 05:36 PM 08:36 PM 11:36 PM



सोमवार, 08 जून 2026

Monday, 08 June 2026

हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-2	Hindi	12:00 AM 03:02 AM 06:05 AM 09:08 AM 12:10 PM 03:13 PM 06:16 PM 09:18 PM
General	E-Waste Management: Block 1	English	12:29 AM 03:31 AM 06:34 AM 09:37 AM 12:39 PM 03:42 PM 06:45 PM 09:48 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-4: कृषि-भाग-1	Hindi	12:41 AM 03:44 AM 06:46 AM 09:49 AM 12:52 PM 03:54 PM 06:57 PM 10:00 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	01:16 AM 04:19 AM 07:21 AM 10:24 AM 01:27 PM 04:29 PM 07:32 PM 10:35 PM
General	Nutrition_Health and Sanitation	English	01:40 AM 04:43 AM 07:45 AM 10:48 AM 01:51 PM 04:53 PM 07:56 PM 10:59 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	01:46 AM 04:49 AM 07:52 AM 10:54 AM 01:57 PM 05:00 PM 08:02 PM 11:05 PM
Mathematics	Maths: Ch-1: Real Numbers-2	English	02:11 AM 05:13 AM 08:16 AM 11:19 AM 02:21 PM 05:24 PM 08:27 PM 11:29 PM
General	e-Pathshala App Launch	Hindi	02:40 AM 05:43 AM 08:45 AM 11:48 AM 02:51 PM 05:53 PM 08:56 PM 11:59 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:41 AM 05:44 AM 08:46 AM 11:49 AM 02:52 PM 05:54 PM 08:57 PM
मंगलवार, 09 जून 2026			
Tuesday, 09 June 2026			
हिंदी	हिंदी : पाठ-17: भद्रंत आनंद कैसल्यायन: संस्कृति	Hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:00 PM 09:00 PM
General	Growth & Health (H)	Hindi	12:26 AM 03:26 AM 06:26 AM 09:26 AM 12:26 PM 03:26 PM 06:26 PM 09:26 PM



DD Free Dish Channel #32



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Dish TV Channel #2031

सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-4: कृषि-भाग-2	Hindi	12:30 AM 03:30 AM 06:30 AM 09:30 AM 12:30 PM 03:31 PM 06:31 PM 09:31 PM
General	Safe Use of Internet (H)	Hindi	12:43 AM 03:43 AM 06:43 AM 09:43 AM 12:43 PM 03:43 PM 06:43 PM 09:44 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	12:49 AM 03:49 AM 06:49 AM 09:49 AM 12:49 PM 03:50 PM 06:50 PM 09:50 PM
General	E-Waste Management: Block 2	English	01:23 AM 04:23 AM 07:23 AM 10:23 AM 01:23 PM 04:23 PM 07:23 PM 10:23 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	01:37 AM 04:37 AM 07:37 AM 10:37 AM 01:37 PM 04:37 PM 07:37 PM 10:37 PM
Mathematics	Maths: Ch-1: Real Numbers-3	English	02:11 AM 05:11 AM 08:11 AM 11:11 AM 02:11 PM 05:11 PM 08:11 PM 11:11 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:19 AM 05:19 AM 08:19 AM 11:19 AM 02:19 PM 05:19 PM 08:20 PM 11:20 PM
Value Education	Village on Wheels	English/ hindi	02:40 AM 05:40 AM 08:40 AM 11:40 AM 02:40 PM 05:40 PM 08:40 PM 11:40 PM
बुधवार, 10 जून 2026 Wednesday, 10 June 2026			
हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-1	Hindi	12:00 AM 03:01 AM 06:02 AM 09:04 AM 12:05 PM 03:06 PM 06:08 PM 09:09 PM
Travel	Rangsapara	English	12:28 AM 03:29 AM 06:30 AM 09:32 AM 12:33 PM 03:34 PM 06:36 PM 09:37 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-1	Hindi	12:50 AM 03:51 AM 06:52 AM 09:54 AM 12:55 PM 03:56 PM 06:58 PM 09:59 PM
गणित	गणित : पाठ-6: त्रिभुज-1	Hindi	01:11 AM 04:12 AM 07:13 AM 10:15 AM 01:16 PM 04:17 PM 07:19 PM 10:20 PM



General	It's My Right to Get Education	Marathi	01:35 AM 04:36 AM 07:38 AM 10:39 AM 01:40 PM 04:42 PM 07:43 PM 10:44 PM
Language (English)	English: Ch-2: Poem- A Tiger in the Zoo	English	01:41 AM 04:42 AM 07:43 AM 10:45 AM 01:46 PM 04:47 PM 07:49 PM 10:50 PM
General	Growth & Health (E)	English	01:59 AM 05:00 AM 08:02 AM 11:03 AM 02:04 PM 05:06 PM 08:07 PM 11:08 PM
Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-3	English	02:03 AM 05:04 AM 08:06 AM 11:07 AM 02:08 PM 05:10 PM 08:11 PM 11:12 PM
Science	Science: Chap 6: Life Processes -1	English	02:41 AM 05:43 AM 08:44 AM 11:45 AM 02:47 PM 05:48 PM 08:49 PM 11:51 PM
बृहस्पतिवार, 11 जून 2026 Thursday, 11 June 2026			
हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-2	Hindi	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:03 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:29 AM 03:29 AM 06:30 AM 09:30 AM 12:31 PM 03:31 PM 06:32 PM 09:32 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-2	Hindi	12:30 AM 03:30 AM 06:31 AM 09:31 AM 12:32 PM 03:32 PM 06:33 PM 09:33 PM
गणित	गणित : पाठ-6: त्रिभुज-2	Hindi	12:55 AM 03:56 AM 06:56 AM 09:57 AM 12:57 PM 03:58 PM 06:58 PM 09:59 PM
Cyber Security	Physical Security	English	01:28 AM 04:28 AM 07:29 AM 10:29 AM 01:30 PM 04:30 PM 07:31 PM 10:31 PM
Language (English)	English: Ch-1: A Triumph of Surgery	English	01:30 AM 04:31 AM 07:31 AM 10:32 AM 01:32 PM 04:33 PM 07:33 PM 10:34 PM
Social Science (History)	So. Sci. (His): Chp 3: The Making of a Global World- 1	English	02:08 AM 05:09 AM 08:09 AM 11:10 AM 02:10 PM 05:11 PM 08:11 PM 11:12 PM



General	Migratory Birds	English	02:38 AM 05:38 AM 08:39 AM 11:40 AM 02:40 PM 05:41 PM 08:41 PM 11:42 PM
Science	Science: Chap 6: Life Processes -2	English	02:40 AM 05:41 AM 08:41 AM 11:42 AM 02:43 PM 05:43 PM 08:44 PM 11:44 PM
शुक्रवार, 12 जून 2026 Friday, 12 June 2026			
संस्कृत	संस्कृत: पाठ-2 बुद्धिर्बलवती सदा-II	Sanskrit	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:56 AM 02:56 PM 05:55 PM 08:54 PM 11:53 PM
General	Energy Saving	English	12:26 AM 03:25 AM 06:24 AM 09:24 AM 12:23 PM 03:22 PM 06:21 PM 09:21 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-4: जाति; धर्म और लैंगिक मसले -2	Hindi	12:28 AM 03:27 AM 06:26 AM 09:25 AM 12:24 PM 03:24 PM 06:23 PM 09:22 PM
General	Growing up Healthy	English	12:44 AM 03:43 AM 06:43 AM 09:42 AM 12:41 PM 03:40 PM 06:39 PM 09:39 PM
गणित	गणित : पाठ-6: त्रिभुज-3	Hindi	12:48 AM 03:48 AM 06:47 AM 09:46 AM 12:45 PM 03:44 PM 06:44 PM 09:43 PM
General	Safety and Security against Violence and Injuries	English	01:21 AM 04:20 AM 07:19 AM 10:18 AM 01:18 PM 04:17 PM 07:16 PM 10:15 PM
Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -3	English	01:26 AM 04:26 AM 07:25 AM 10:24 AM 01:23 PM 04:23 PM 07:22 PM 10:21 PM
Mathematics	Maths: Ch-1: Real Numbers-4	English	02:07 AM 05:07 AM 08:06 AM 11:05 AM 02:04 PM 05:03 PM 08:03 PM 11:02 PM
General	Safe Use of Internet (H)	Hindi	02:26 AM 05:25 AM 08:24 AM 11:23 AM 02:23 PM 05:22 PM 08:21 PM 11:20 PM
Science	Science: Chap 6: Life Processes -4	English	02:32 AM 05:31 AM 08:30 AM 11:30 AM 02:29 PM 05:28 PM 08:27 PM 11:26 PM



General	Promotion of Healthy Lifestyle	English	02:53 AM 05:52 AM 08:51 AM 11:50 AM 02:50 PM 05:49 PM 08:48 PM 11:47 PM
शनिवार, 13 जून 2026 Saturday, 13 June 2026			
संस्कृत	संस्कृत: पाठ - 1 शुचिपर्यावरणम्	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:01 PM 06:01 PM 09:01 PM
सामान्य	Water Saved	हिन्दी	12:31 AM 03:31 AM 06:32 AM 09:32 AM 12:32 PM 03:32 PM 06:32 PM 09:33 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-2: संघवाद	Hindi	12:32 AM 03:32 AM 06:33 AM 09:33 AM 12:33 PM 03:33 PM 06:34 PM 09:34 PM
गणित	गणित : पाठ-6: त्रिभुज-4	Hindi	12:56 AM 03:56 AM 06:56 AM 09:57 AM 12:57 PM 03:57 PM 06:57 PM 09:58 PM
Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -1	English	01:36 AM 04:36 AM 07:36 AM 10:36 AM 01:37 PM 04:37 PM 07:37 PM 10:37 PM
Mathematics	Maths: Chap 15: Probability	English	01:53 AM 04:54 AM 07:54 AM 10:54 AM 01:54 PM 04:55 PM 07:55 PM 10:55 PM
Science	Science: Chap 7: Control and Coordination	English	02:24 AM 05:24 AM 08:24 AM 11:25 AM 02:25 PM 05:25 PM 08:25 PM 11:25 PM
रविवार, 14 जून 2026 Sunday, 14 June 2026			
Language (Urdu)	Urdu: Chp-4: Sir Sayyad Ka Bachpan	Urdu	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:05 PM 09:06 PM
General	Safety and Security (H)	Hindi	12:36 AM 03:37 AM 06:38 AM 09:38 AM 12:39 PM 03:40 PM 06:41 PM 09:42 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के विभिन्न क्षेत्रक भाग-1	Hindi	12:41 AM 03:42 AM 06:43 AM 09:44 AM 12:45 PM 03:46 PM 06:47 PM 09:48 PM



Health, Physical Education/Yoga/ Sports	Judoo pt. I	Hindi	01:06 AM 04:07 AM 07:08 AM 10:09 AM 01:10 PM 04:11 PM 07:12 PM 10:13 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	01:23 AM 04:24 AM 07:24 AM 10:25 AM 01:26 PM 04:27 PM 07:28 PM 10:29 PM
General English	Episode 11 Agreeing 3	English	01:46 AM 04:47 AM 07:48 AM 10:49 AM 01:50 PM 04:51 PM 07:52 PM 10:53 PM
Social Science (Economics)	S.Sc (Eco): Ch-2 Sectors of the Indian Economy 2	English	01:57 AM 04:58 AM 07:58 AM 10:59 AM 02:00 PM 05:01 PM 08:02 PM 11:03 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-2: Federalism	English	02:35 AM 05:36 AM 08:36 AM 11:37 AM 02:38 PM 05:39 PM 08:40 PM 11:41 PM
Cyber Security	Internet Ethics	English	02:58 AM 05:59 AM 09:00 AM 12:00 PM 03:01 PM 06:02 PM 09:03 PM
सोमवार, 15 जून 2026 Monday, 15 June 2026			
हिंदी	हिंदी : पाठ-17: भदंत आनंद कैसल्यायन: संस्कृति	Hindi	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:57 PM 05:57 PM 08:57 PM 11:56 PM
Cyber Security	What to do when Computer System is compromised	English	12:26 AM 03:26 AM 06:25 AM 09:25 AM 12:24 PM 03:24 PM 06:23 PM 09:23 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-1	Hindi	12:27 AM 03:27 AM 06:26 AM 09:26 AM 12:25 PM 03:25 PM 06:25 PM 09:24 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:47 AM 03:47 AM 06:46 AM 09:46 AM 12:45 PM 03:45 PM 06:44 PM 09:44 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	12:48 AM 03:47 AM 06:47 AM 09:47 AM 12:46 PM 03:46 PM 06:45 PM 09:45 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	01:35 AM 04:35 AM 07:34 AM 10:34 AM 01:33 PM 04:33 PM 07:32 PM 10:32 PM



Cyber Security	Identity Theft	Hindi	01:59 AM 04:58 AM 07:58 AM 10:58 AM 01:57 PM 04:57 PM 07:56 PM 10:56 PM
Mathematics	Maths: Chap 15: Probability-1	English	01:59 AM 04:59 AM 07:59 AM 10:58 AM 01:58 PM 04:57 PM 07:57 PM 10:57 PM
Language	Theatre in Education	English	02:14 AM 05:13 AM 08:13 AM 11:12 AM 02:12 PM 05:12 PM 08:11 PM 11:11 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:38 AM 05:37 AM 08:37 AM 11:37 AM 02:36 PM 05:36 PM 08:35 PM 11:35 PM
मंगलवार, 16 जून 2026 Tuesday, 16 June 2026			
हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-1	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:02 PM 03:03 PM 06:04 PM 09:04 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:21 AM 03:22 AM 06:22 AM 09:23 AM 12:24 PM 03:24 PM 06:25 PM 09:26 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-2	Hindi	12:22 AM 03:22 AM 06:23 AM 09:24 AM 12:24 PM 03:25 PM 06:26 PM 09:26 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:47 AM 03:47 AM 06:48 AM 09:49 AM 12:49 PM 03:50 PM 06:51 PM 09:51 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	12:48 AM 03:48 AM 06:49 AM 09:50 AM 12:50 PM 03:51 PM 06:52 PM 09:52 PM
रोजगार कौशल	हुनर सीखें हीनहार बने	Hindi	01:11 AM 04:12 AM 07:13 AM 10:13 AM 01:14 PM 04:15 PM 07:15 PM 10:16 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	01:29 AM 04:29 AM 07:30 AM 10:31 AM 01:31 PM 04:32 PM 07:33 PM 10:33 PM
Mathematics	Maths: Chapter 15: Probability-2	English	01:50 AM 04:51 AM 07:52 AM 10:52 AM 01:53 PM 04:54 PM 07:54 PM 10:55 PM



Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:39 AM 05:40 AM 08:41 AM 11:41 AM 02:42 PM 05:43 PM 08:43 PM 11:44 PM
बुधवार, 17 जून 2026 Wednesday, 17 June 2026			
हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-2	Hindi	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:56 AM 02:55 PM 05:54 PM 08:53 PM 11:52 PM
Cyber Security	Bloggng Tips	English	12:22 AM 03:21 AM 06:20 AM 09:19 AM 12:18 PM 03:17 PM 06:16 PM 09:15 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-3	Hindi	12:23 AM 03:22 AM 06:21 AM 09:20 AM 12:19 PM 03:18 PM 06:17 PM 09:16 PM
General English	Episode 4 Meeting People: Pleased to meet you	English	12:44 AM 03:43 AM 06:42 AM 09:41 AM 12:40 PM 03:39 PM 06:38 PM 09:37 PM
गणित	गणित: पाठ-5: समान्तर श्रेढियाँ -1	Hindi	12:58 AM 03:57 AM 06:57 AM 09:56 AM 12:55 PM 03:54 PM 06:53 PM 09:52 PM
Language (English)	English: Ch-2: Poem- A Tiger in the Zoo	English	01:42 AM 04:41 AM 07:41 AM 10:40 AM 01:39 PM 04:38 PM 07:37 PM 10:36 PM
General	Growth & Health (H)	Hindi	02:01 AM 05:00 AM 07:59 AM 10:58 AM 01:57 PM 04:56 PM 07:55 PM 10:54 PM
Social Science (History)	S.Sc. (His): Chapter 3: The Making of a Global World- 2	English	02:05 AM 05:04 AM 08:03 AM 11:02 AM 02:01 PM 05:00 PM 07:59 PM 10:58 PM
General	Single Use Plastic	हिन्दी	02:37 AM 05:36 AM 08:35 AM 11:34 AM 02:33 PM 05:32 PM 08:31 PM 11:30 PM
Science	Science: Chap 6: Life Processes -1	English	02:39 AM 05:38 AM 08:37 AM 11:36 AM 02:35 PM 05:34 PM 08:33 PM 11:32 PM



बृहस्पतिवार, 18 जून 2026 Thursday, 18 June 2026			
हिंदी	हिंदी : पाठ-17: भदंत आनंद कैसल्यायन: संस्कृति	Hindi	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:55 AM 02:54 PM 05:53 PM 08:51 PM 11:50 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-1	Hindi	12:39 AM 03:38 AM 06:37 AM 09:35 AM 12:34 PM 03:33 PM 06:32 PM 09:31 PM
Cyber Security	Browser Practices: Best Practices	English	01:01 AM 04:00 AM 06:59 AM 09:58 AM 12:56 PM 03:55 PM 06:54 PM 09:53 PM
गणित	गणित : पाठ-5: समान्तर श्रेढियाँ -2	Hindi	01:02 AM 04:01 AM 07:00 AM 09:59 AM 12:57 PM 03:56 PM 06:55 PM 09:54 PM
Language (English)	English: Ch-1: A Triumph of Surgery	English	01:44 AM 04:43 AM 07:42 AM 10:41 AM 01:40 PM 04:39 PM 07:37 PM 10:36 PM
General	MOTHER EARTH Prakriti English	English	02:09 AM 05:08 AM 08:07 AM 11:06 AM 02:05 PM 05:03 PM 08:02 PM 11:01 PM
Social Science (History)	S.Sc. (His): Chapter-2 Nationalism in India-1	English	02:11 AM 05:10 AM 08:09 AM 11:08 AM 02:07 PM 05:05 PM 08:04 PM 11:03 PM
Cyber Security	Fake Whats app messages	English	02:36 AM 05:35 AM 08:34 AM 11:33 AM 02:32 PM 05:31 PM 08:29 PM 11:28 PM
Science	Science: Chap 6: Life Processes -2	English	02:39 AM 05:38 AM 08:36 AM 11:35 AM 02:34 PM 05:33 PM 08:32 PM 11:31 PM
शुक्रवार, 19 जून 2026 Friday, 19 June 2026			
संस्कृत	संस्कृत: पाठ-2 बुद्धिर्बलवती सदा-1	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:00 PM 09:00 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-4: जाति; धर्म और लैंगिक मसले -1	Hindi	12:28 AM 03:28 AM 06:28 AM 09:28 AM 12:28 PM 03:28 PM 06:28 PM 09:28 PM



General	Introduction to MISSION LIFE	English	12:43 AM 03:43 AM 06:43 AM 09:43 AM 12:43 PM 03:43 PM 06:43 PM 09:43 PM
गणित	गणित : पाठ-5: समान्तर श्रेढियाँ -3	Hindi	12:45 AM 03:45 AM 06:45 AM 09:45 AM 12:45 PM 03:45 PM 06:45 PM 09:46 PM
General	Safe Use of Internet (E)	English	01:12 AM 04:13 AM 07:13 AM 10:13 AM 01:13 PM 04:13 PM 07:13 PM 10:13 PM
Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -2	English	01:18 AM 04:19 AM 07:19 AM 10:19 AM 01:19 PM 04:19 PM 07:19 PM 10:19 PM
General	Growing up Healthy	English	01:45 AM 04:45 AM 07:45 AM 10:46 AM 01:46 PM 04:46 PM 07:46 PM 10:46 PM
Mathematics	Maths: Ch-1: Real Numbers-1	English	01:49 AM 04:50 AM 07:50 AM 10:50 AM 01:50 PM 04:50 PM 07:50 PM 10:50 PM
Science	Science: Chap 6: Life Processes -4	English	02:39 AM 05:39 AM 08:39 AM 11:39 AM 02:39 PM 05:39 PM 08:39 PM 11:39 PM
शनिवार, 20 जून 2026 Saturday, 20 June 2026			
संस्कृत	संस्कृत: पाठ-2 बुद्धिर्बलवती सदा-II	Sanskrit	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:58 PM 08:58 PM 11:58 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:26 AM 03:26 AM 06:26 AM 09:25 AM 12:25 PM 03:25 PM 06:25 PM 09:25 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-4: जाति; धर्म और लैंगिक मसले -2	Hindi	12:26 AM 03:26 AM 06:26 AM 09:26 AM 12:26 PM 03:25 PM 06:25 PM 09:25 PM
सामान्य	MOTHER EARTH Prakriti Hindi	हिन्दी	12:43 AM 03:43 AM 06:43 AM 09:42 AM 12:42 PM 03:42 PM 06:42 PM 09:42 PM
गणित	गणित : पाठ-5: समान्तर श्रेढियाँ -4	Hindi	12:45 AM 03:45 AM 06:45 AM 09:44 AM 12:44 PM 03:44 PM 06:44 PM 09:44 PM



Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -3	English	01:15 AM 04:14 AM 07:14 AM 10:14 AM 01:14 PM 04:14 PM 07:13 PM 10:13 PM
General	E-Waste Management: Block 4.2	English	01:42 AM 04:41 AM 07:41 AM 10:41 AM 01:41 PM 04:41 PM 07:40 PM 10:40 PM
Mathematics	Maths: Ch-1: Real Numbers-2	English	01:54 AM 04:53 AM 07:53 AM 10:53 AM 01:53 PM 04:53 PM 07:52 PM 10:52 PM
सामान्य	Sustainable Food Systems Adopted	हिन्दी	02:23 AM 05:23 AM 08:23 AM 11:22 AM 02:22 PM 05:22 PM 08:22 PM 11:22 PM
Science	Science: Chap 7: Control and Coordination	English	02:23 AM 05:23 AM 08:23 AM 11:23 AM 02:23 PM 05:22 PM 08:22 PM 11:22 PM
रविवार, 21 जून 2026 Sunday, 21 June 2026			
Language (Urdu)	Urdu: Chp-4: Sir Sayyad Ka Bachpan	Urdu	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:01 PM 06:02 PM 09:02 PM
General	Gender Equality	English	12:36 AM 03:36 AM 06:36 AM 09:37 AM 12:37 PM 03:37 PM 06:38 PM 09:38 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-1: विकास भाग-1	Hindi	12:43 AM 03:43 AM 06:43 AM 09:44 AM 12:44 PM 03:45 PM 06:45 PM 09:45 PM
Health, Physical Education/Yoga/ Sports	Yoga - Gomukhasan	Hindi	01:08 AM 04:08 AM 07:09 AM 10:09 AM 01:09 PM 04:10 PM 07:10 PM 10:10 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	01:22 AM 04:22 AM 07:22 AM 10:23 AM 01:23 PM 04:23 PM 07:24 PM 10:24 PM
Science	Green Energy	English	01:55 AM 04:55 AM 07:56 AM 10:56 AM 01:56 PM 04:57 PM 07:57 PM 10:57 PM
Social Science (Economics)	S.Sc (Eco): Chp-2: Sectors of the Indian Economy - 3	English	02:00 AM 05:01 AM 08:01 AM 11:02 AM 02:02 PM 05:02 PM 08:03 PM 11:03 PM



Cyber Security	What to do when Facebook Account is hacked	English	02:22 AM 05:22 AM 08:23 AM 11:23 AM 02:24 PM 05:24 PM 08:24 PM 11:25 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-2: Federalism	English	02:24 AM 05:24 AM 08:24 AM 11:25 AM 02:25 PM 05:25 PM 08:26 PM 11:26 PM
सोमवार, 22 जून 2026 Monday, 22 June 2026			
हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-1	Hindi	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:03 PM 06:03 PM 09:04 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-4: कृषि- भाग-1	Hindi	12:22 AM 03:23 AM 06:23 AM 09:24 AM 12:25 PM 03:25 PM 06:26 PM 09:27 PM
General	Safety and Security (E)	English	12:43 AM 03:44 AM 06:44 AM 09:45 AM 12:46 PM 03:46 PM 06:47 PM 09:48 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	12:49 AM 03:49 AM 06:50 AM 09:51 AM 12:51 PM 03:52 PM 06:53 PM 09:53 PM
General	Gender Equality (H)	Hindi	01:13 AM 04:13 AM 07:14 AM 10:15 AM 01:15 PM 04:16 PM 07:17 PM 10:17 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	01:20 AM 04:21 AM 07:21 AM 10:22 AM 01:23 PM 04:23 PM 07:24 PM 10:25 PM
सामान्य	मदिरों की माला भुवनेश्वर	Hindi	01:44 AM 04:44 AM 07:45 AM 10:46 AM 01:46 PM 04:47 PM 07:48 PM 10:48 PM
Mathematics	Maths: Ch-1: Real Numbers-3	English	02:04 AM 05:05 AM 08:05 AM 11:06 AM 02:07 PM 05:07 PM 08:08 PM 11:09 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:26 AM 05:26 AM 08:27 AM 11:28 AM 02:28 PM 05:29 PM 08:29 PM 11:30 PM
Cyber Security	Social Networking	English	02:47 AM 05:48 AM 08:48 AM 11:49 AM 02:49 PM 05:50 PM 08:51 PM 11:51 PM



General	E-Waste Management: Film 2	English	02:51 AM 05:52 AM 08:52 AM 11:53 AM 02:54 PM 05:54 PM 08:55 PM 11:56 PM
मंगलवार, 23 जून 2026 Tuesday, 23 June 2026			
हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-2	Hindi	12:00 AM 03:02 AM 06:04 AM 09:06 AM 12:08 PM 03:10 PM 06:12 PM 09:14 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:22 AM 03:24 AM 06:26 AM 09:28 AM 12:30 PM 03:32 PM 06:34 PM 09:36 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-4: कृषि-भाग-2	Hindi	12:22 AM 03:24 AM 06:26 AM 09:28 AM 12:30 PM 03:32 PM 06:34 PM 09:36 PM
General	Anthropological Museum (Anadaman and Nicobar Islands)	English	12:35 AM 03:37 AM 06:39 AM 09:41 AM 12:43 PM 03:45 PM 06:47 PM 09:49 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	12:40 AM 03:42 AM 06:44 AM 09:46 AM 12:48 PM 03:50 PM 06:52 PM 09:54 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:13 AM 04:15 AM 07:17 AM 10:19 AM 01:21 PM 04:23 PM 07:25 PM 10:27 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	01:19 AM 04:21 AM 07:23 AM 10:25 AM 01:27 PM 04:29 PM 07:31 PM 10:33 PM
Mathematics	Maths: Ch-1: Real Numbers-4	English	01:53 AM 04:55 AM 07:57 AM 10:59 AM 02:01 PM 05:03 PM 08:05 PM 11:07 PM
General English	Episode 12 Disagreeing 1	English	02:11 AM 05:13 AM 08:15 AM 11:17 AM 02:19 PM 05:21 PM 08:23 PM 11:25 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:25 AM 05:27 AM 08:29 AM 11:31 AM 02:33 PM 05:35 PM 08:37 PM 11:39 PM
Health, Physical Education/Yoga/ Sports	Javelin Bhag-02 (Javelin Throw)	Hindi	02:46 AM 05:48 AM 08:50 AM 11:52 AM 02:54 PM 05:56 PM 08:58 PM



बुधवार, 24 जून 2026
Wednesday, 24 June 2026

हिंदी	हिंदी : पाठ-17: भदंत आनंद कैसल्यायन: संस्कृति	Hindi	12:00 AM 02:58 AM 05:56 AM 08:55 AM 11:53 AM 02:52 PM 05:50 PM 08:49 PM 11:47 PM
General	Women Change the World	English	12:26 AM 03:24 AM 06:23 AM 09:21 AM 12:20 PM 03:18 PM 06:17 PM 09:15 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-2	Hindi	12:32 AM 03:30 AM 06:29 AM 09:27 AM 12:26 PM 03:24 PM 06:22 PM 09:21 PM
General English	Episode 1 Greeting a Friend	English	12:56 AM 03:55 AM 06:53 AM 09:52 AM 12:50 PM 03:49 PM 06:47 PM 09:46 PM
गणित	गणित : पाठ-6: त्रिभुज-1	Hindi	01:04 AM 04:03 AM 07:01 AM 10:00 AM 12:58 PM 03:57 PM 06:55 PM 09:54 PM
General	Management of Wetlands Part -2	English	01:29 AM 04:27 AM 07:26 AM 10:24 AM 01:23 PM 04:21 PM 07:19 PM 10:18 PM
Language (English)	English: Ch-2: Poem- A Tiger in the Zoo	English	01:37 AM 04:35 AM 07:34 AM 10:32 AM 01:31 PM 04:29 PM 07:27 PM 10:26 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	01:55 AM 04:53 AM 07:52 AM 10:50 AM 01:49 PM 04:47 PM 07:46 PM 10:44 PM
General	Growing up Healthy	English	01:55 AM 04:54 AM 07:52 AM 10:51 AM 01:49 PM 04:48 PM 07:46 PM 10:45 PM
Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-2	English	02:00 AM 04:58 AM 07:57 AM 10:55 AM 01:53 PM 04:52 PM 07:50 PM 10:49 PM
सामान्य	India-Pavilion-at-COP27-Missi on	हिन्दी	02:22 AM 05:21 AM 08:19 AM 11:18 AM 02:16 PM 05:15 PM 08:13 PM 11:12 PM
Science	Science: Chap 6: Life Processes -1	English	02:25 AM 05:24 AM 08:22 AM 11:21 AM 02:19 PM 05:18 PM 08:16 PM 11:14 PM



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बृहस्पतिवार, 25 जून 2026
Thursday, 25 June 2026

हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-1	Hindi	12:00 AM 03:01 AM 06:03 AM 09:04 AM 12:06 PM 03:07 PM 06:09 PM 09:10 PM
Cyber Security	Data Privacy	Hindi	12:28 AM 03:29 AM 06:31 AM 09:32 AM 12:34 PM 03:35 PM 06:37 PM 09:38 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-1	Hindi	12:28 AM 03:30 AM 06:31 AM 09:33 AM 12:34 PM 03:36 PM 06:37 PM 09:39 PM
General	पारस्परिक संबंध	Hindi	12:49 AM 03:50 AM 06:52 AM 09:53 AM 12:55 PM 03:56 PM 06:58 PM 09:59 PM
गणित	गणित : पाठ-6: त्रिभुज-2	Hindi	12:54 AM 03:56 AM 06:57 AM 09:59 AM 01:00 PM 04:02 PM 07:03 PM 10:05 PM
General English	Episode 2 Greeting an Acquaintance	English	01:27 AM 04:29 AM 07:30 AM 10:32 AM 01:33 PM 04:35 PM 07:36 PM 10:38 PM
Language (English)	English: Ch-1: A Triumph of Surgery	English	01:40 AM 04:42 AM 07:43 AM 10:45 AM 01:46 PM 04:48 PM 07:49 PM 10:51 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	02:05 AM 05:07 AM 08:08 AM 11:10 AM 02:11 PM 05:13 PM 08:14 PM 11:16 PM
Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-3	English	02:11 AM 05:13 AM 08:14 AM 11:16 AM 02:17 PM 05:19 PM 08:20 PM 11:22 PM
Science	Science: Chap 6: Life Processes -2	English	02:36 AM 05:37 AM 08:39 AM 11:40 AM 02:42 PM 05:43 PM 08:45 PM 11:46 PM
Science	Green Energy	English	02:55 AM 05:57 AM 08:58 AM 12:00 PM 03:01 PM 06:03 PM 09:04 PM



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शुक्रवार, 26 जून 2026
Friday, 26 June 2026

General	स्वस्थ बढ़ना	Hindi	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:03 PM
संस्कृत	संस्कृत: पाठ - 1 शुचिपर्यावरणम्	Sanskrit	12:05 AM 03:06 AM 06:06 AM 09:07 AM 12:07 PM 03:08 PM 06:08 PM 09:09 PM
Cyber Security	Blogging Tips	English	12:35 AM 03:36 AM 06:37 AM 09:37 AM 12:38 PM 03:38 PM 06:39 PM 09:39 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-2: संघवाद	Hindi	12:36 AM 03:37 AM 06:37 AM 09:38 AM 12:39 PM 03:39 PM 06:40 PM 09:40 PM
General	Safe Use of Internet (E)	English	12:59 AM 04:00 AM 07:00 AM 10:01 AM 01:01 PM 04:02 PM 07:03 PM 10:03 PM
गणित	गणित : पाठ-6: त्रिभुज-3	Hindi	01:05 AM 04:06 AM 07:06 AM 10:07 AM 01:07 PM 04:08 PM 07:09 PM 10:09 PM
Cyber Security	Change Passwords like Socks	Hindi	01:38 AM 04:38 AM 07:39 AM 10:39 AM 01:40 PM 04:41 PM 07:41 PM 10:42 PM
Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -1	English	01:38 AM 04:39 AM 07:39 AM 10:40 AM 01:40 PM 04:41 PM 07:42 PM 10:42 PM
Cyber Security	Safe Downloading	English	01:55 AM 04:56 AM 07:56 AM 10:57 AM 01:58 PM 04:58 PM 07:59 PM 10:59 PM
Mathematics	Maths: Chap 15: Probability	English	01:56 AM 04:57 AM 07:57 AM 10:58 AM 01:58 PM 04:59 PM 08:00 PM 11:00 PM
Science	Science: Chap 6: Life Processes -4	English	02:39 AM 05:40 AM 08:40 AM 11:41 AM 02:41 PM 05:42 PM 08:43 PM 11:43 PM



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Dish TV Channel #2031

शनिवार, 27 जून 2026

Saturday, 27 June 2026

संस्कृत	संस्कृत: पाठ-2 बुद्धिर्बलवती सदा-1	Sanskrit	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:03 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:27 AM 03:28 AM 06:28 AM 09:29 AM 12:29 PM 03:30 PM 06:30 PM 09:31 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-4: जाति; धर्म और लैंगिक मसले -1	Hindi	12:28 AM 03:28 AM 06:29 AM 09:29 AM 12:30 PM 03:30 PM 06:31 PM 09:31 PM
गणित	गणित : पाठ-6: त्रिभुज-4	Hindi	12:43 AM 03:44 AM 06:44 AM 09:45 AM 12:45 PM 03:46 PM 06:46 PM 09:47 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:22 AM 04:23 AM 07:23 AM 10:24 AM 01:25 PM 04:25 PM 07:26 PM 10:26 PM
Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -2	English	01:28 AM 04:29 AM 07:29 AM 10:30 AM 01:30 PM 04:31 PM 07:31 PM 10:32 PM
Mathematics	Maths: Chap 15: Probability-1	English	02:09 AM 05:09 AM 08:10 AM 11:10 AM 02:11 PM 05:11 PM 08:12 PM 11:12 PM
Cyber Security	Spoofed Calls	English	02:23 AM 05:23 AM 08:24 AM 11:24 AM 02:25 PM 05:26 PM 08:26 PM 11:27 PM
Science	Science: Chap 7: Control and Coordination	English	02:24 AM 05:25 AM 08:25 AM 11:26 AM 02:26 PM 05:27 PM 08:27 PM 11:28 PM
रविवार, 28 जून 2026			
Sunday, 28 June 2026			
Language (Urdu)	Urdu: Chp-4: Sir Sayyad Ka Bachpan	Urdu	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:04 PM 03:05 PM 06:06 PM 09:07 PM
Cyber Security	Data Privacy	Hindi	12:36 AM 03:37 AM 06:38 AM 09:39 AM 12:40 PM 03:41 PM 06:42 PM 09:43 PM



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सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के विभिन्न क्षेत्रक भाग-1	Hindi	12:36 AM 03:37 AM 06:39 AM 09:40 AM 12:41 PM 03:42 PM 06:43 PM 09:44 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	01:02 AM 04:03 AM 07:04 AM 10:05 AM 01:06 PM 04:07 PM 07:08 PM 10:09 PM
General	Functions of Wetlands and their Biophysical characteristics	English	01:25 AM 04:27 AM 07:28 AM 10:29 AM 01:30 PM 04:31 PM 07:32 PM 10:33 PM
General	Mental Health and Well Being -2	English	01:37 AM 04:38 AM 07:39 AM 10:40 AM 01:41 PM 04:42 PM 07:44 PM 10:45 PM
Social Science (Economics)	S.Sc (Eco): Ch-2 Sectors of the Indian Economy 1	English	01:54 AM 04:55 AM 07:56 AM 10:57 AM 01:59 PM 05:00 PM 08:01 PM 11:02 PM
ENVIRONMENT	Life in Woods	English	02:22 AM 05:24 AM 08:25 AM 11:26 AM 02:27 PM 05:28 PM 08:29 PM 11:30 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-2: Federalism	English	02:38 AM 05:39 AM 08:40 AM 11:41 AM 02:42 PM 05:43 PM 08:44 PM 11:45 PM
सोमवार, 29 जून 2026 Monday, 29 June 2026			
हिंदी	हिंदी : पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-2	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:58 PM 05:58 PM 08:58 PM 11:58 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-1	Hindi	12:23 AM 03:23 AM 06:22 AM 09:22 AM 12:22 PM 03:22 PM 06:21 PM 09:21 PM
Cyber Security	Blogging Tips	English	12:43 AM 03:42 AM 06:42 AM 09:42 AM 12:42 PM 03:41 PM 06:41 PM 09:41 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	12:44 AM 03:43 AM 06:43 AM 09:43 AM 12:43 PM 03:42 PM 06:42 PM 09:42 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	01:17 AM 04:17 AM 07:17 AM 10:17 AM 01:16 PM 04:16 PM 07:16 PM 10:16 PM



सामान्य	मदिरों की माला भुवनेश्वर	Hindi	01:41 AM 04:41 AM 07:41 AM 10:40 AM 01:40 PM 04:40 PM 07:40 PM 10:39 PM
Mathematics	Maths: Chapter 15: Probability-2	English	02:01 AM 05:01 AM 08:01 AM 11:01 AM 02:00 PM 05:00 PM 08:00 PM 11:00 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:37 AM 05:37 AM 08:37 AM 11:37 AM 02:36 PM 05:36 PM 08:36 PM 11:36 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:38 AM 05:38 AM 08:37 AM 11:37 AM 02:37 PM 05:37 PM 08:36 PM 11:36 PM
मंगलवार, 30 जून 2026 Tuesday, 30 June 2026			
हिंदी	हिंदी : पाठ-17: भदंत आनंद कैसल्यायन: संस्कृति	Hindi	12:00 AM 02:59 AM 05:58 AM 08:58 AM 11:57 AM 02:57 PM 05:56 PM 08:56 PM 11:55 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:26 AM 03:25 AM 06:25 AM 09:24 AM 12:24 PM 03:23 PM 06:23 PM 09:22 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-2	Hindi	12:26 AM 03:26 AM 06:25 AM 09:25 AM 12:24 PM 03:24 PM 06:23 PM 09:23 PM
General	Health And Sanitaion (E)	English	12:51 AM 03:51 AM 06:50 AM 09:50 AM 12:49 PM 03:49 PM 06:48 PM 09:48 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	12:58 AM 03:57 AM 06:57 AM 09:56 AM 03:55 PM 06:54 PM 09:54 PM 12:55 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:22 AM 04:21 AM 07:20 AM 10:20 AM 01:19 PM 04:19 PM 07:18 PM 10:18 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:38 AM 05:38 AM 08:37 AM 11:36 AM 02:36 PM 05:35 PM 08:35 PM 11:34 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	07:24 PM 10:24 PM 04:25 PM 01:25 PM 07:26 AM 04:27 AM 01:27 AM 10:26 AM



<p>Mathematics</p>	<p>Maths: Ch-1: Real Numbers-1</p>	<p>English</p>	<p>07:59 PM 10:58 PM 05:00 PM 02:00 PM 11:01 AM 08:01 AM 05:02 AM 02:02 AM </p>
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