

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

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

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

☞ This table refers to the subject-wise weekly program schedule comprising programs of different subjects/themes scheduled to be transmitted on a concerned day as a set of programs and the same is repeated as a program cycle approximately 11 to 12 times a day and the same scheme is followed for the whole month.

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

[https://www.swayamprabha.gov.in/index.php/program/current\\_se/27](https://www.swayamprabha.gov.in/index.php/program/current_se/27).

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Wednesday from 2.00 pm to 3.00 pm. You can also watch these sessions and other interesting videos on the NCERT OFFICIAL YouTube channel by following the link:

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

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

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

**मार्च 2026**  
**March 2026**

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
<b>रविवार, 01 मार्च 2026</b> Sunday, 01 March 2026			
Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:03 AM    12:03 PM    02:04 PM    04:05 PM    06:05 PM    08:06 PM    10:07 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:01 AM    04:01 AM    06:02 AM    08:03 AM    10:03 AM    12:04 PM    02:04 PM    04:05 PM    06:06 PM    08:06 PM    10:07 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:02 AM    06:03 AM    08:03 AM    10:04 AM    12:05 PM    02:05 PM    04:06 PM    06:07 PM    08:07 PM    10:08 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:04 AM    02:05 AM    04:05 AM    06:06 AM    08:07 AM    10:07 AM    12:08 PM    02:08 PM    04:09 PM    06:10 PM    08:10 PM    10:11 PM
General	Gender Equality	English	12:09 AM    02:10 AM    04:11 AM    06:11 AM    08:12 AM    10:13 AM    12:13 PM    02:14 PM    04:15 PM    06:15 PM    08:16 PM    10:17 PM
General	Azadi ki Amrit Kahaniyan (Tanvi Jagadish- Sagar)	English	12:17 AM    02:17 AM    04:18 AM    06:19 AM    08:19 AM    10:20 AM    12:21 PM    02:21 PM    04:22 PM    06:22 PM    08:23 PM    10:24 PM
General	जेंडर समानता	Hindi	12:19 AM    02:20 AM    04:20 AM    06:21 AM    08:22 AM    10:22 AM    12:23 PM    02:23 PM    04:24 PM    06:25 PM    08:25 PM    10:26 PM
General	Nutrition_Health and Sanitation	English	12:26 AM    02:27 AM    04:28 AM    06:28 AM    08:29 AM    10:30 AM    12:30 PM    02:31 PM    04:32 PM    06:32 PM    08:33 PM    10:33 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:33 AM    02:33 AM    04:34 AM    06:35 AM    08:35 AM    10:36 AM    12:37 PM    02:37 PM    04:38 PM    06:39 PM    08:39 PM    10:40 PM



DD Free Dish Channel #27



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2026

General	Prevention and Management of Substance Misuse	English	12:39 AM    02:40 AM    04:41 AM    06:41 AM    08:42 AM    10:43 AM    12:43 PM    02:44 PM    04:45 PM    06:45 PM    08:46 PM    10:46 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	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    06:50 PM    08:51 PM    10:52 PM
General	Promotion of Healthy Lifestyle	English	12:51 AM    02:51 AM    04:52 AM    06:52 AM    08:53 AM    10:54 AM    12:54 PM    02:55 PM    04:56 PM    06:56 PM    08:57 PM    10:58 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:56 AM    02:57 AM    04:58 AM    06:58 AM    08:59 AM    11:00 AM    01:00 PM    03:01 PM    05:02 PM    07:02 PM    09:03 PM    11:04 PM
General	Reproductive Health and HIV Prevention	English	01:03 AM    03:03 AM    05:04 AM    07:05 AM    09:05 AM    11:06 AM    01:06 PM    03:07 PM    05:08 PM    07:08 PM    09:09 PM    11:10 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:08 AM    03:09 AM    05:09 AM    07:10 AM    09:11 AM    11:11 AM    01:12 PM    03:13 PM    05:13 PM    07:14 PM    09:15 PM    11:15 PM
General	Safety and Security against Violence and Injuries	English	01:14 AM    03:14 AM    05:15 AM    07:16 AM    09:16 AM    11:17 AM    01:18 PM    03:18 PM    05:19 PM    07:20 PM    09:20 PM    11:21 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	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
General	Safe Use of Internet_Gadgets and Media	English	01:25 AM    03:26 AM    05:26 AM    07:27 AM    09:28 AM    11:28 AM    01:29 PM    03:30 PM    05:30 PM    07:31 PM    09:32 PM    11:32 PM
General	उपभोक्ता संरक्षण	Hindi	01:31 AM    03:32 AM    05:32 AM    07:33 AM    09:34 AM    11:34 AM    01:35 PM    03:36 PM    05:36 PM    07:37 PM    09:38 PM    11:38 PM
General	Real life situations- garbage burning and what to do	English	01:36 AM    03:37 AM    05:37 AM    07:38 AM    09:39 AM    11:39 AM    01:40 PM    03:41 PM    05:41 PM    07:42 PM    09:43 PM    11:43 PM



**सोमवार, 02 मार्च 2026**
**Monday, 02 March 2026**

Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    10:00 AM    12:00 PM    02:00 PM    04:00 PM    06:00 PM    08:00 PM    10:00 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	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	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:01 AM    06:01 AM    08:01 AM    10:01 AM    12:01 PM    02:01 PM    04:01 PM    06:01 PM    08:01 PM    10:01 PM
General	Introduction to waste segregation & dry and wet bins	English	12:04 AM    02:04 AM    04:04 AM    06:04 AM    08:04 AM    10:04 AM    12:04 PM    02:04 PM    04:04 PM    06:05 PM    08:05 PM    10:05 PM
General	Real life situations- garbage burning and what to do	English	12:18 AM    02:18 AM    04:18 AM    06:18 AM    08:18 AM    10:18 AM    12:18 PM    02:18 PM    04:18 PM    06:18 PM    08:18 PM    10:18 PM
General	Promotion of Healthy Lifestyle	English	12:42 AM    02:42 AM    04:42 AM    06:42 AM    08:42 AM    10:42 AM    12:42 PM    02:42 PM    04:42 PM    06:42 PM    08:42 PM    10:42 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:48 AM    02:48 AM    04:48 AM    06:48 AM    08:48 AM    10:48 AM    12:48 PM    02:48 PM    04:48 PM    06:48 PM    08:48 PM    10:48 PM
General	हिंदी शब्दकोष	Hindi	12:54 AM    02:54 AM    04:54 AM    06:54 AM    08:54 AM    10:54 AM    12:54 PM    02:54 PM    04:54 PM    06:54 PM    08:54 PM    10:54 PM
General	Emotional well being and mental health	English	01:11 AM    03:11 AM    05:11 AM    07:11 AM    09:11 AM    11:11 AM    01:11 PM    03:11 PM    05:11 PM    07:12 PM    09:12 PM    11:12 PM
General	Azadi ki Amrit Kahaniyan (Anshu Jamsenpa- Parvat)	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    09:17 PM    11:17 PM
General	Interpersonal Relationships	English	01:18 AM    03:18 AM    05:18 AM    07:18 AM    09:18 AM    11:19 AM    01:19 PM    03:19 PM    05:19 PM    07:19 PM    09:19 PM    11:19 PM
General	पारस्परिक संबंध	Hindi	01:23 AM    03:23 AM    05:23 AM    07:23 AM    09:23 AM    11:23 AM    01:23 PM    03:23 PM    05:23 PM    07:23 PM    09:24 PM    11:24 PM



DD Free Dish Channel #27



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2026

General	Value and responsible Citizenship	English	01:28 AM    03:28 AM    05:28 AM    07:28 AM    09:28 AM    11:29 AM    01:29 PM    03:29 PM    05:29 PM    07:29 PM    09:29 PM    11:29 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:33 AM    03:33 AM    05:33 AM    07:33 AM    09:33 AM    11:33 AM    01:34 PM    03:34 PM    05:34 PM    07:34 PM    09:34 PM    11:34 PM
General	Gender Equality	English	01:39 AM    03:39 AM    05:39 AM    07:39 AM    09:39 AM    11:39 AM    01:39 PM    03:39 PM    05:39 PM    07:39 PM    09:39 PM    11:39 PM
General	जेंडर समानता	Hindi	01:46 AM    03:46 AM    05:46 AM    07:46 AM    09:46 AM    11:46 AM    01:46 PM    03:46 PM    05:46 PM    07:46 PM    09:47 PM    11:47 PM
General	Nutrition_Health and Sanitation	English	01:53 AM    03:53 AM    05:53 AM    07:53 AM    09:53 AM    11:54 AM    01:54 PM    03:54 PM    05:54 PM    07:54 PM    09:54 PM    11:54 PM
<b>मंगलवार, 03 मार्च 2026</b> <b>Tuesday, 03 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    01:59 AM    03:58 AM    05:57 AM    07:56 AM    09:56 AM    11:55 AM    01:54 PM    03:53 PM    05:52 PM    07:52 PM    09:51 PM    11:50 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM    01:59 AM    03:58 AM    05:58 AM    07:57 AM    09:56 AM    11:55 AM    01:54 PM    03:54 PM    05:53 PM    07:52 PM    09:51 PM    11:50 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:00 AM    03:59 AM    05:58 AM    07:58 AM    09:57 AM    11:56 AM    01:55 PM    03:54 PM    05:54 PM    07:53 PM    09:52 PM    11:51 PM
General	हिंदी शब्दकोष	Hindi	12:04 AM    02:03 AM    04:02 AM    06:02 AM    08:01 AM    10:00 AM    11:59 AM    01:58 PM    03:58 PM    05:57 PM    07:56 PM    09:55 PM    11:54 PM
General	Nutrition_Health and Sanitation	English	12:21 AM    02:20 AM    04:20 AM    06:19 AM    08:18 AM    10:17 AM    12:16 PM    02:16 PM    04:15 PM    06:14 PM    08:13 PM    10:12 PM



General	इनोवेटिव टीचर	Hindi	12:28 AM    02:27 AM    04:26 AM    06:25 AM    08:24 AM    10:24 AM    12:23 PM    02:22 PM    04:21 PM    06:20 PM    08:20 PM    10:19 PM
General	Gender Equality	English	12:43 AM    02:42 AM    04:41 AM    06:41 AM    08:40 AM    10:39 AM    12:38 PM    02:37 PM    04:37 PM    06:36 PM    08:35 PM    10:34 PM
General	Introduction to waste segregation & dry and wet bins	English	12:50 AM    02:49 AM    04:49 AM    06:48 AM    08:47 AM    10:46 AM    12:45 PM    02:45 PM    04:44 PM    06:43 PM    08:42 PM    10:41 PM
General	Promotion of Healthy Lifestyle	English	01:04 AM    03:03 AM    05:02 AM    07:01 AM    09:01 AM    11:00 AM    12:59 PM    02:58 PM    04:57 PM    06:57 PM    08:56 PM    10:55 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:10 AM    03:09 AM    05:08 AM    07:07 AM    09:07 AM    11:06 AM    01:05 PM    03:04 PM    05:03 PM    07:03 PM    09:02 PM    11:01 PM
General	Gender Equality	English	01:15 AM    03:15 AM    05:14 AM    07:13 AM    09:12 AM    11:11 AM    01:11 PM    03:10 PM    05:09 PM    07:08 PM    09:07 PM    11:07 PM
General	Real life situations- garbage burning and what to do	English	01:22 AM    03:22 AM    05:21 AM    07:20 AM    09:19 AM    11:18 AM    01:18 PM    03:17 PM    05:16 PM    07:15 PM    09:14 PM    11:14 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:46 AM    03:46 AM    05:45 AM    07:44 AM    09:43 AM    11:42 AM    01:42 PM    03:41 PM    05:40 PM    07:39 PM    09:38 PM    11:38 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:53 AM    03:52 AM    05:51 AM    07:50 AM    09:49 AM    11:49 AM    01:48 PM    03:47 PM    05:46 PM    07:45 PM    09:45 PM    11:44 PM
<b>बुधवार, 04 मार्च 2026</b>			
<b>Wednesday, 04 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:00 AM    06:01 AM    08:01 AM    10:01 AM    12:02 PM    02:02 PM    04:02 PM    06:03 PM    08:03 PM    10:04 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:00 AM    04:01 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	Gender Equality	English	12:01 AM    02:01 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:03 PM    02:03 PM    04:04 PM    06:04 PM    08:04 PM    10:05 PM



General	जेंडर समानता	Hindi	12:08 AM    02:08 AM    04:09 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	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:15 AM    02:16 AM    04:16 AM    06:16 AM    08:17 AM    10:17 AM    12:17 PM    02:18 PM    04:18 PM    06:19 PM    08:19 PM    10:19 PM
General	Nutrition_Health and Sanitation	English	12:21 AM    02:22 AM    04:22 AM    06:22 AM    08:23 AM    10:23 AM    12:24 PM    02:24 PM    04:24 PM    06:25 PM    08:25 PM    10:25 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:28 AM    02:28 AM    04:28 AM    06:29 AM    08:29 AM    10:30 AM    12:30 PM    02:30 PM    04:31 PM    06:31 PM    08:31 PM    10:32 PM
General	Prevention and Management of Substance Misuse	English	12:34 AM    02:35 AM    04:35 AM    06:35 AM    08:36 AM    10:36 AM    12:37 PM    02:37 PM    04:37 PM    06:38 PM    08:38 PM    10:38 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:40 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    08:43 PM    10:44 PM
General	आज़ादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)	Hindi	12:46 AM    02:46 AM    04:46 AM    06:47 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
General	Safe Use of Internet_Gadgets and Media	English	12:48 AM    02:48 AM    04:49 AM    06:49 AM    08:49 AM    10:50 AM    12:50 PM    02:50 PM    04:51 PM    06:51 PM    08:52 PM    10:52 PM
General	Introduction to plasto, our hero and marine pollution	English	12:54 AM    02:54 AM    04:55 AM    06:55 AM    08:55 AM    10:56 AM    12:56 PM    02:56 PM    04:57 PM    06:57 PM    08:58 PM    10:58 PM
General	Promotion of Healthy Lifestyle	English	01:01 AM    03:02 AM    05:02 AM    07:02 AM    09:03 AM    11:03 AM    01:03 PM    03:04 PM    05:04 PM    07:05 PM    09:05 PM    11:05 PM
General	Real life situations- garbage burning and what to do	English	01:07 AM    03:08 AM    05:08 AM    07:08 AM    09:09 AM    11:09 AM    01:09 PM    03:10 PM    05:10 PM    07:10 PM    09:11 PM    11:11 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	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	Reproductive Health and HIV Prevention	English	01:37 AM    03:38 AM    05:38 AM    07:38 AM    09:39 AM    11:39 AM    01:39 PM    03:40 PM    05:40 PM    07:41 PM    09:41 PM    11:41 PM



General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:43 AM    03:43 AM    05:43 AM    07:44 AM    09:44 AM    11:45 AM    01:45 PM    03:45 PM    05:46 PM    07:46 PM    09:46 PM    11:47 PM
General	Safety and Security against Violence and Injuries	English	01:49 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    11:53 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:54 AM    03:55 AM    05:55 AM    07:55 AM    09:56 AM    11:56 AM    01:56 PM    03:57 PM    05:57 PM    07:57 PM    09:58 PM    11:58 PM
<b>बृहस्पतिवार, 05 मार्च 2026</b> <b>Thursday, 05 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    01:59 AM    03:58 AM    05:58 AM    07:57 AM    09:57 AM    11:56 AM    01:56 PM    03:55 PM    05:55 PM    07:54 PM    09:53 PM    11:53 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM    01:59 AM    03:59 AM    05:58 AM    07:58 AM    09:57 AM    11:57 AM    01:56 PM    03:56 PM    05:55 PM    07:54 PM    09:54 PM    11:53 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:00 AM    04:00 AM    05:59 AM    07:59 AM    09:58 AM    11:57 AM    01:57 PM    03:56 PM    05:56 PM    07:55 PM    09:55 PM    11:54 PM
General	Real life situations- garbage burning and what to do	English	12:04 AM    02:03 AM    04:03 AM    06:02 AM    08:02 AM    10:01 AM    12:01 PM    02:00 PM    04:00 PM    05:59 PM    07:58 PM    09:58 PM    11:57 PM
General	हिंदी शब्दकोष	Hindi	12:28 AM    02:27 AM    04:27 AM    06:26 AM    08:26 AM    10:25 AM    12:25 PM    02:24 PM    04:24 PM    06:23 PM    08:22 PM    10:22 PM
General	Growing up Healthy	English	12:45 AM    02:45 AM    04:44 AM    06:44 AM    08:43 AM    10:42 AM    12:42 PM    02:41 PM    04:41 PM    06:40 PM    08:40 PM    10:39 PM
General	स्वस्थ बढ़ना	Hindi	12:49 AM    02:49 AM    04:48 AM    06:48 AM    08:47 AM    10:47 AM    12:46 PM    02:46 PM    04:45 PM    06:44 PM    08:44 PM    10:43 PM



General	Emotional well being and mental health	English	12:54 AM    02:53 AM    04:53 AM    06:52 AM    08:52 AM    10:51 AM    12:50 PM    02:50 PM    04:49 PM    06:49 PM    08:48 PM    10:48 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:59 AM    02:58 AM    04:58 AM    06:57 AM    08:56 AM    10:56 AM    12:55 PM    02:55 PM    04:54 PM    06:54 PM    08:53 PM    10:53 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:04 AM    03:03 AM    05:03 AM    07:02 AM    09:01 AM    11:01 AM    01:00 PM    03:00 PM    04:59 PM    06:59 PM    08:58 PM    10:58 PM
General	उपभोक्ता संरक्षण	Hindi	01:10 AM    03:09 AM    05:09 AM    07:08 AM    09:08 AM    11:07 AM    01:06 PM    03:06 PM    05:05 PM    07:05 PM    09:04 PM    11:04 PM
General	Introduction to plasto, our hero and marine pollution	English	01:15 AM    03:14 AM    05:14 AM    07:13 AM    09:13 AM    11:12 AM    01:11 PM    03:11 PM    05:10 PM    07:10 PM    09:09 PM    11:09 PM
General	इनोवेटिव टीचर	Hindi	01:22 AM    03:22 AM    05:21 AM    07:20 AM    09:20 AM    11:19 AM    01:19 PM    03:18 PM    05:18 PM    07:17 PM    09:17 PM    11:16 PM
General	Azadi ki Amrit Kahaniyan (Tanvi Jagadish- Sagar)	English	01:38 AM    03:37 AM    05:36 AM    07:36 AM    09:35 AM    11:35 AM    01:34 PM    03:34 PM    05:33 PM    07:33 PM    09:32 PM    11:32 PM
General	आजादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)	Hindi	01:40 AM    03:39 AM    05:39 AM    07:38 AM    09:38 AM    11:37 AM    01:37 PM    03:36 PM    05:35 PM    07:35 PM    09:34 PM    11:34 PM
General	आजादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन )	Hindi	01:42 AM    03:42 AM    05:41 AM    07:41 AM    09:40 AM    11:39 AM    01:39 PM    03:38 PM    05:38 PM    07:37 PM    09:37 PM    11:36 PM
General	Azadi ki Amrit Kahaniyan (Poonam Nautiyal- Jeevan )	English	01:44 AM    03:44 AM    05:43 AM    07:43 AM    09:42 AM    11:42 AM    01:41 PM    03:41 PM    05:40 PM    07:40 PM    09:39 PM    11:38 PM
General	Foundational Literacy & Numeracy (FLN)	English	01:47 AM    03:46 AM    05:46 AM    07:45 AM    09:45 AM    11:44 AM    01:43 PM    03:43 PM    05:42 PM    07:42 PM    09:41 PM    11:41 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:51 AM    03:50 AM    05:49 AM    07:49 AM    09:48 AM    11:48 AM    01:47 PM    03:47 PM    05:46 PM    07:46 PM    09:45 PM    11:45 PM
General	आजादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)	Hindi	01:57 AM    03:56 AM    05:56 AM    07:55 AM    09:54 AM    11:54 AM    01:53 PM    03:53 PM    05:52 PM    07:52 PM    09:51 PM    11:51 PM



शुक्रवार, 06 मार्च 2026

Friday, 06 March 2026

Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:00 AM    06:01 AM    08:01 AM    10:02 AM    12:02 PM    02:02 PM    04:03 PM    06:03 PM    08:04 PM    10:04 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:02 PM    02:03 PM    04:03 PM    06:04 PM    08:04 PM    10:04 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:02 AM    06:02 AM    08:02 AM    10:03 AM    12:03 PM    02:04 PM    04:04 PM    06:04 PM    08:05 PM    10:05 PM
General	Interpersonal Relationships	English	12:04 AM    02:04 AM    04:05 AM    06:05 AM    08:06 AM    10:06 AM    12:06 PM    02:07 PM    04:07 PM    06:08 PM    08:08 PM    10:08 PM
General	Real life situations- garbage burning and what to do	English	12:09 AM    02:09 AM    04:09 AM    06:10 AM    08:10 AM    10:11 AM    12:11 PM    02:11 PM    04:12 PM    06:12 PM    08:13 PM    10:13 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:33 AM    02:33 AM    04:33 AM    06:34 AM    08:34 AM    10:35 AM    12:35 PM    02:35 PM    04:36 PM    06:36 PM    08:37 PM    10:37 PM
General	Real life situations- garbage burning and what to do	English	12:39 AM    02:40 AM    04:40 AM    06:40 AM    08:41 AM    10:41 AM    12:42 PM    02:42 PM    04:42 PM    06:43 PM    08:43 PM    10:44 PM
General	आज़ादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)	Hindi	01:03 AM    03:04 AM    05:04 AM    07:04 AM    09:05 AM    11:05 AM    01:06 PM    03:06 PM    05:06 PM    07:07 PM    09:07 PM    11:08 PM
General	पारस्परिक संबंध	Hindi	01:06 AM    03:06 AM    05:06 AM    07:07 AM    09:07 AM    11:08 AM    01:08 PM    03:08 PM    05:09 PM    07:09 PM    09:10 PM    11:10 PM
General	Real life situations- garbage burning and what to do	English	01:11 AM    03:11 AM    05:12 AM    07:12 AM    09:12 AM    11:13 AM    01:13 PM    03:14 PM    05:14 PM    07:14 PM    09:15 PM    11:15 PM
General	पारस्परिक संबंध	Hindi	01:35 AM    03:35 AM    05:36 AM    07:36 AM    09:36 AM    11:37 AM    01:37 PM    03:38 PM    05:38 PM    07:38 PM    09:39 PM    11:39 PM
General	जेंडर समानता	Hindi	01:40 AM    03:41 AM    05:41 AM    07:41 AM    09:42 AM    11:42 AM    01:43 PM    03:43 PM    05:43 PM    07:44 PM    09:44 PM    11:45 PM



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General	Value and responsible Citizenship	English	01:48 AM    03:48 AM    05:48 AM    07:49 AM    09:49 AM    11:50 AM    01:50 PM    03:50 PM    05:51 PM    07:51 PM    09:52 PM    11:52 PM
General	जेंडर समानता	Hindi	01:53 AM    03:53 AM    05:53 AM    07:54 AM    09:54 AM    11:55 AM    01:55 PM    03:55 PM    05:56 PM    07:56 PM    09:57 PM    11:57 PM
<b>शनिवार, 07 मार्च 2026</b> <b>Saturday, 07 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:00 AM    06:01 AM    08:01 AM    10:02 AM    12:02 PM    02:03 PM    04:03 PM    06:04 PM    08:04 PM    10:04 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:04 PM    06:04 PM    08:04 PM    10:05 PM
General	Introduction to plasto, our hero and marine pollution	English	12:01 AM    02:01 AM    04:02 AM    06:02 AM    08:03 AM    10:03 AM    12:03 PM    02:04 PM    04:04 PM    06:05 PM    08:05 PM    10:06 PM
General	Real life situations- garbage burning and what to do	English	12:08 AM    02:09 AM    04:09 AM    06:09 AM    08:10 AM    10:10 AM    12:11 PM    02:11 PM    04:12 PM    06:12 PM    08:13 PM    10:13 PM
General	इनोवेटिव टीचर	Hindi	12:32 AM    02:33 AM    04:33 AM    06:33 AM    08:34 AM    10:34 AM    12:35 PM    02:35 PM    04:36 PM    06:36 PM    08:37 PM    10:37 PM
General	Growing up Healthy	English	12:48 AM    02:48 AM    04:48 AM    06:49 AM    08:49 AM    10:50 AM    12:50 PM    02:51 PM    04:51 PM    06:52 PM    08:52 PM    10:53 PM
General	स्वस्थ बढ़ना	Hindi	12:52 AM    02:52 AM    04:53 AM    06:53 AM    08:54 AM    10:54 AM    12:54 PM    02:55 PM    04:55 PM    06:56 PM    08:56 PM    10:57 PM
General	योग ओलंपियाड	Hindi	12:56 AM    02:57 AM    04:57 AM    06:57 AM    08:58 AM    10:58 AM    12:59 PM    02:59 PM    05:00 PM    07:00 PM    09:01 PM    11:01 PM
General	Catfishing Fraud	English	01:01 AM    03:01 AM    05:01 AM    07:02 AM    09:02 AM    11:03 AM    01:03 PM    03:04 PM    05:04 PM    07:05 PM    09:05 PM    11:06 PM
General	Nutrition_Health and Sanitation	English	01:02 AM    03:02 AM    05:03 AM    07:03 AM    09:03 AM    11:04 AM    01:04 PM    03:05 PM    05:05 PM    07:06 PM    09:06 PM    11:07 PM



General	Emotional well being and mental health	English	01:08 AM    03:08 AM    05:09 AM    07:09 AM    09:10 AM    11:10 AM    01:11 PM    03:11 PM    05:12 PM    07:12 PM    09:12 PM    11:13 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:13 AM    03:13 AM    05:14 AM    07:14 AM    09:15 AM    11:15 AM    01:16 PM    03:16 PM    05:17 PM    07:17 PM    09:17 PM    11:18 PM
General	Interpersonal Relationships	English	01:18 AM    03:18 AM    05:19 AM    07:19 AM    09:20 AM    11:20 AM    01:21 PM    03:21 PM    05:22 PM    07:22 PM    09:22 PM    11:23 PM
General	पारस्परिक संबंध	Hindi	01:23 AM    03:23 AM    05:23 AM    07:24 AM    09:24 AM    11:25 AM    01:25 PM    03:26 PM    05:26 PM    07:27 PM    09:27 PM    11:28 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:28 AM    03:28 AM    05:29 AM    07:29 AM    09:30 AM    11:30 AM    01:31 PM    03:31 PM    05:32 PM    07:32 PM    09:32 PM    11:33 PM
General	Gender Equality	English	01:33 AM    03:34 AM    05:34 AM    07:35 AM    09:35 AM    11:36 AM    01:36 PM    03:37 PM    05:37 PM    07:38 PM    09:38 PM    11:38 PM
General	जेंडर समानता	Hindi	01:41 AM    03:41 AM    05:42 AM    07:42 AM    09:42 AM    11:43 AM    01:43 PM    03:44 PM    05:44 PM    07:45 PM    09:45 PM    11:46 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:48 AM    03:48 AM    05:49 AM    07:49 AM    09:50 AM    11:50 AM    01:51 PM    03:51 PM    05:52 PM    07:52 PM    09:52 PM    11:53 PM
General	पारस्परिक संबंध	Hindi	01:55 AM    03:55 AM    05:56 AM    07:56 AM    09:56 AM    11:57 AM    01:57 PM    03:58 PM    05:58 PM    07:59 PM    09:59 PM
<b>रविवार, 08 मार्च 2026</b> <b>Sunday, 08 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:07 PM    08:08 PM    10:09 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:08 PM    08:09 PM    10:10 PM
General	इनोवेटिव टीचर	Hindi	12:01 AM    02:02 AM    04:03 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:10 PM    10:10 PM



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General	हिंदी शब्दकोष	Hindi	12:16 AM    02:17 AM    04:18 AM    06:19 AM    08:20 AM    10:21 AM    12:22 PM    02:22 PM    04:23 PM    06:24 PM    08:25 PM    10:26 PM
General	Introduction to waste segregation & dry and wet bins	English	12:33 AM    02:34 AM    04:35 AM    06:36 AM    08:37 AM    10:38 AM    12:39 PM    02:40 PM    04:41 PM    06:41 PM    08:42 PM    10:43 PM
General	Real life situations- garbage burning and what to do	English	12:47 AM    02:48 AM    04:49 AM    06:50 AM    08:51 AM    10:52 AM    12:52 PM    02:53 PM    04:54 PM    06:55 PM    08:56 PM    10:57 PM
General	जेंडर समानता	Hindi	01:11 AM    03:12 AM    05:13 AM    07:14 AM    09:15 AM    11:16 AM    01:16 PM    03:17 PM    05:18 PM    07:19 PM    09:20 PM    11:21 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:19 AM    03:19 AM    05:20 AM    07:21 AM    09:22 AM    11:23 AM    01:24 PM    03:25 PM    05:26 PM    07:26 PM    09:27 PM    11:28 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:23 AM    03:24 AM    05:25 AM    07:26 AM    09:27 AM    11:28 AM    01:29 PM    03:30 PM    05:31 PM    07:31 PM    09:32 PM    11:33 PM
General	Introduction to plasto, our hero and marine pollution	English	01:30 AM    03:31 AM    05:32 AM    07:33 AM    09:34 AM    11:35 AM    01:35 PM    03:36 PM    05:37 PM    07:38 PM    09:39 PM    11:40 PM
General	जेंडर समानता	Hindi	01:37 AM    03:38 AM    05:39 AM    07:40 AM    09:41 AM    11:42 AM    01:43 PM    03:44 PM    05:45 PM    07:45 PM    09:46 PM    11:47 PM
General	मूल्य और जिम्मेदार नागरिकता	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    07:53 PM    09:54 PM    11:55 PM
General	पारस्परिक संबंध	Hindi	01:50 AM    03:51 AM    05:52 AM    07:53 AM    09:54 AM    11:55 AM    01:56 PM    03:57 PM    05:57 PM    07:58 PM    09:59 PM
General	Interpersonal Relationships	English	01:56 AM    03:57 AM    05:58 AM    07:58 AM    09:59 AM    12:00 PM    02:01 PM    04:02 PM    06:03 PM    08:04 PM    10:05 PM
सोमवार, 09 मार्च 2026 Monday, 09 March 2026			
Invocation/ National Song	Montage	English	12:00 AM    02:07 AM    04:14 AM    06:21 AM    08:28 AM    10:35 AM    12:42 PM    02:49 PM    04:56 PM    07:03 PM    09:10 PM    11:17 PM



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Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:07 AM    04:14 AM    06:21 AM    08:28 AM    10:35 AM    12:42 PM    02:49 PM    04:57 PM    07:04 PM    09:11 PM    11:18 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:08 AM    04:15 AM    06:22 AM    08:29 AM    10:36 AM    12:43 PM    02:50 PM    04:57 PM    07:04 PM    09:12 PM    11:19 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:04 AM    02:11 AM    04:18 AM    06:25 AM    08:32 AM    10:39 AM    12:46 PM    02:54 PM    05:01 PM    07:08 PM    09:15 PM    11:22 PM
General	Gender Equality	English	12:09 AM    02:17 AM    04:24 AM    06:31 AM    08:38 AM    10:45 AM    12:52 PM    02:59 PM    05:06 PM    07:13 PM    09:20 PM    11:27 PM
General	जेंडर समानता	Hindi	12:17 AM    02:24 AM    04:31 AM    06:38 AM    08:45 AM    10:52 AM    12:59 PM    03:06 PM    05:13 PM    07:20 PM    09:27 PM    11:35 PM
General	Nutrition_Health and Sanitation	English	12:24 AM    02:31 AM    04:38 AM    06:45 AM    08:52 AM    10:59 AM    01:07 PM    03:14 PM    05:21 PM    07:28 PM    09:35 PM    11:42 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:30 AM    02:37 AM    04:45 AM    06:52 AM    08:59 AM    11:06 AM    01:13 PM    03:20 PM    05:27 PM    07:34 PM    09:41 PM    11:48 PM
सामान्य	Water Saved	हिंदी	12:37 AM    02:44 AM    04:51 AM    06:58 AM    09:05 AM    11:12 AM    01:20 PM    03:27 PM    05:34 PM    07:41 PM    09:48 PM    11:55 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:38 AM    02:45 AM    04:52 AM    06:59 AM    09:06 AM    11:14 AM    01:21 PM    03:28 PM    05:35 PM    07:42 PM    09:49 PM    11:56 PM
General	Promotion of Healthy Lifestyle	English	12:44 AM    02:51 AM    04:58 AM    07:05 AM    09:12 AM    11:19 AM    01:27 PM    03:34 PM    05:41 PM    07:48 PM    09:55 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:50 AM    02:57 AM    05:04 AM    07:11 AM    09:18 AM    11:25 AM    01:33 PM    03:40 PM    05:47 PM    07:54 PM    10:01 PM
General	Reproductive Health and HIV Prevention	English	12:56 AM    03:03 AM    05:10 AM    07:17 AM    09:24 AM    11:32 AM    01:39 PM    03:46 PM    05:53 PM    08:00 PM    10:07 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:02 AM    03:09 AM    05:16 AM    07:23 AM    09:30 AM    11:37 AM    01:44 PM    03:51 PM    05:58 PM    08:05 PM    10:12 PM



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General	Safety and Security against Violence and Injuries	English	01:07 AM    03:14 AM    05:22 AM    07:29 AM    09:36 AM    11:43 AM    01:50 PM    03:57 PM    06:04 PM    08:11 PM    10:18 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:13 AM    03:20 AM    05:27 AM    07:34 AM    09:41 AM    11:48 AM    01:56 PM    04:03 PM    06:10 PM    08:17 PM    10:24 PM
General	Safe Use of Internet_Gadgets and Media	English	01:19 AM    03:26 AM    05:33 AM    07:40 AM    09:47 AM    11:54 AM    02:01 PM    04:08 PM    06:15 PM    08:22 PM    10:30 PM
General	Real life situations- garbage burning and what to do	English	01:25 AM    03:32 AM    05:39 AM    07:46 AM    09:53 AM    12:00 PM    02:07 PM    04:14 PM    06:21 PM    08:28 PM    10:36 PM
General	वक्रासन	Hindi	01:49 AM    03:56 AM    06:03 AM    08:10 AM    10:17 AM    12:24 PM    02:31 PM    04:38 PM    06:45 PM    08:52 PM    11:00 PM
General	सूर्य नमस्कार	Hindi	01:51 AM    03:58 AM    06:05 AM    08:13 AM    10:20 AM    12:27 PM    02:34 PM    04:41 PM    06:48 PM    08:55 PM    11:02 PM
आज़ादी की अमृत कहानियाँ (तन्वी जगदीश सागर )	आज़ादी की कहानी	Hindi	01:58 AM    04:05 AM    06:12 AM    08:19 AM    10:26 AM    12:33 PM    02:41 PM    04:48 PM    06:55 PM    09:02 PM    11:09 PM
<b>मंगलवार, 10 मार्च 2026</b> <b>Tuesday, 10 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:58 AM    11:58 AM    01:58 PM    03:58 PM    05:58 PM    07:57 PM    09:57 PM    11:57 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM    02:00 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:58 PM    03:58 PM    05:58 PM    07:58 PM    09:58 PM    11:57 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:00 AM    06:00 AM    08:00 AM    10:00 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:58 PM    11:58 PM



General	Real life situations- garbage burning and what to do	English	12:04 AM    02:04 AM    04:04 AM    06:03 AM    08:03 AM    10:03 AM    12:03 PM    02:02 PM    04:02 PM    06:02 PM    08:02 PM    10:02 PM
General	जेंडर समानता	Hindi	12:28 AM    02:28 AM    04:28 AM    06:27 AM    08:27 AM    10:27 AM    12:27 PM    02:26 PM    04:26 PM    06:26 PM    08:26 PM    10:26 PM
सामान्य	Single Use Plastic	हिंदी	12:35 AM    02:35 AM    04:35 AM    06:35 AM    08:34 AM    10:34 AM    12:34 PM    02:34 PM    04:34 PM    06:33 PM    08:33 PM    10:33 PM
General	असल जीवन की चुनौतियाँ और उसका क्या करना है	English	12:37 AM    02:37 AM    04:37 AM    06:36 AM    08:36 AM    10:36 AM    12:36 PM    02:36 PM    04:35 PM    06:35 PM    08:35 PM    10:35 PM
General	इनोवेटिव टीचर	Hindi	12:38 AM    02:38 AM    04:38 AM    06:38 AM    08:38 AM    10:37 AM    12:37 PM    02:37 PM    04:37 PM    06:36 PM    08:36 PM    10:36 PM
General	हिंदी शब्दकोष	Hindi	12:54 AM    02:54 AM    04:53 AM    06:53 AM    08:53 AM    10:53 AM    12:53 PM    02:52 PM    04:52 PM    06:52 PM    08:52 PM    10:52 PM
General	Introduction to waste segregation & dry and wet bins	English	01:11 AM    03:11 AM    05:11 AM    07:11 AM    09:10 AM    11:10 AM    01:10 PM    03:10 PM    05:09 PM    07:09 PM    09:09 PM    11:09 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:25 AM    03:25 AM    05:24 AM    07:24 AM    09:24 AM    11:24 AM    01:24 PM    03:23 PM    05:23 PM    07:23 PM    09:23 PM    11:22 PM
General	Gender Equality	English	01:30 AM    03:30 AM    05:30 AM    07:30 AM    09:30 AM    11:29 AM    01:29 PM    03:29 PM    05:29 PM    07:28 PM    09:28 PM    11:28 PM
General	Gender Equality	English	01:38 AM    03:37 AM    05:37 AM    07:37 AM    09:37 AM    11:36 AM    01:36 PM    03:36 PM    05:36 PM    07:36 PM    09:35 PM    11:35 PM
General	Cyberbullying	English	01:45 AM    03:44 AM    05:44 AM    07:44 AM    09:44 AM    11:44 AM    01:43 PM    03:43 PM    05:43 PM    07:43 PM    09:43 PM    11:42 PM
General	Azadi ki Amrit Kahaniyan (Aarohi Pandit- Vayu)	English	01:46 AM    03:46 AM    05:45 AM    07:45 AM    09:45 AM    11:45 AM    01:45 PM    03:44 PM    05:44 PM    07:44 PM    09:44 PM    11:43 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:48 AM    03:48 AM    05:48 AM    07:48 AM    09:47 AM    11:47 AM    01:47 PM    03:47 PM    05:46 PM    07:46 PM    09:46 PM    11:46 PM



General	उपभोक्ता संरक्षण	Hindi	01:54 AM    03:54 AM    05:54 AM    07:54 AM    09:53 AM    11:53 AM    01:53 PM    03:53 PM    05:53 PM    07:52 PM    09:52 PM    11:52 PM
<b>बुधवार, 11 मार्च 2026</b> <b>Wednesday, 11 March 2026</b>			
Invocation/ National Song	Montage	English	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    10:03 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	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    06:02 PM    08:03 PM    10:03 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:01 AM    06:02 AM    08:02 AM    10:02 AM    12:02 PM    02:03 PM    04:03 PM    06:03 PM    08:04 PM    10:04 PM
General	Vajrasana	English	12:04 AM    02:04 AM    04:05 AM    06:05 AM    08:05 AM    10:05 AM    12:06 PM    02:06 PM    04:06 PM    06:06 PM    08:07 PM    10:07 PM
General	इनोवेटिव टीचर	Hindi	12:07 AM    02:07 AM    04:07 AM    06:07 AM    08:08 AM    10:08 AM    12:08 PM    02:09 PM    04:09 PM    06:09 PM    08:09 PM    10:10 PM
General	हिंदी शब्दकोष	Hindi	12:22 AM    02:22 AM    04:23 AM    06:23 AM    08:23 AM    10:23 AM    12:24 PM    02:24 PM    04:24 PM    06:25 PM    08:25 PM    10:25 PM
General	Safety and Security against Violence and Injuries	English	12:39 AM    02:40 AM    04:40 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    10:42 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:45 AM    02:45 AM    04:46 AM    06:46 AM    08:46 AM    10:46 AM    12:47 PM    02:47 PM    04:47 PM    06:47 PM    08:48 PM    10:48 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:50 AM    02:51 AM    04:51 AM    06:51 AM    08:52 AM    10:52 AM    12:52 PM    02:52 PM    04:53 PM    06:53 PM    08:53 PM    10:54 PM
General	Gender Equality	English	12:57 AM    02:57 AM    04:57 AM    06:57 AM    08:58 AM    10:58 AM    12:58 PM    02:59 PM    04:59 PM    06:59 PM    08:59 PM    11:00 PM
General	जेंडर समानता	Hindi	01:04 AM    03:04 AM    05:04 AM    07:05 AM    09:05 AM    11:05 AM    01:05 PM    03:06 PM    05:06 PM    07:06 PM    09:07 PM    11:07 PM



General	Interpersonal Relationships	English	01:11 AM    03:11 AM    05:12 AM    07:12 AM    09:12 AM    11:13 AM    01:13 PM    03:13 PM    05:13 PM    07:14 PM    09:14 PM    11:14 PM
General	Nutrition_Health and Sanitation	English	01:16 AM    03:16 AM    05:16 AM    07:17 AM    09:17 AM    11:17 AM    01:17 PM    03:18 PM    05:18 PM    07:18 PM    09:19 PM    11:19 PM
General	Introduction to waste segregation & dry and wet bins	English	01:22 AM    03:22 AM    05:23 AM    07:23 AM    09:23 AM    11:24 AM    01:24 PM    03:24 PM    05:24 PM    07:25 PM    09:25 PM    11:25 PM
General	Real life situations- garbage burning and what to do	English	01:36 AM    03:36 AM    05:36 AM    07:37 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
<b>बृहस्पतिवार, 12 मार्च 2026</b> <b>Thursday, 12 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    01:59 AM    03:59 AM    05:58 AM    07:58 AM    09:57 AM    11:57 AM    01:56 PM    03:56 PM    05:55 PM    07:55 PM    09:55 PM    11:54 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:58 AM    09:58 AM    11:57 AM    01:57 PM    03:56 PM    05:56 PM    07:55 PM    09:55 PM    11:55 PM
General	इनोवेटिव टीचर	Hindi	12:01 AM    02:00 AM    04:00 AM    05:59 AM    07:59 AM    09:58 AM    11:58 AM    01:58 PM    03:57 PM    05:57 PM    07:56 PM    09:56 PM    11:55 PM
General	हिंदी शब्दकोष	Hindi	12:16 AM    02:16 AM    04:15 AM    06:15 AM    08:14 AM    10:14 AM    12:14 PM    02:13 PM    04:13 PM    06:12 PM    08:12 PM    10:11 PM
सामान्य	Healthy Lifestyle Adopted	हिंदी	12:33 AM    02:33 AM    04:33 AM    06:32 AM    08:32 AM    10:31 AM    12:31 PM    02:30 PM    04:30 PM    06:29 PM    08:29 PM    10:29 PM
General	जेंडर समानता	Hindi	12:34 AM    02:34 AM    04:33 AM    06:33 AM    08:32 AM    10:32 AM    12:31 PM    02:31 PM    04:30 PM    06:30 PM    08:29 PM    10:29 PM



General	Introduction to waste segregation & dry and wet bins	English	12:41 AM    02:41 AM    04:40 AM    06:40 AM    08:40 AM    10:39 AM    12:39 PM    02:38 PM    04:38 PM    06:37 PM    08:37 PM    10:36 PM
General	Nutrition_Health and Sanitation	English	12:55 AM    02:55 AM    04:54 AM    06:54 AM    08:53 AM    10:53 AM    12:52 PM    02:52 PM    04:51 PM    06:51 PM    08:51 PM    10:50 PM
General	Real life situations- garbage burning and what to do	English	01:01 AM    03:01 AM    05:00 AM    07:00 AM    09:00 AM    10:59 AM    12:59 PM    02:58 PM    04:58 PM    06:57 PM    08:57 PM    10:56 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:25 AM    03:25 AM    05:24 AM    07:24 AM    09:24 AM    11:23 AM    01:23 PM    03:22 PM    05:22 PM    07:21 PM    09:21 PM    11:20 PM
General	Nutrition_Health and Sanitation	English	01:31 AM    03:31 AM    05:31 AM    07:30 AM    09:30 AM    11:29 AM    01:29 PM    03:28 PM    05:28 PM    07:27 PM    09:27 PM    11:27 PM
General	Gender Equality	English	01:38 AM    03:37 AM    05:37 AM    07:36 AM    09:36 AM    11:36 AM    01:35 PM    03:35 PM    05:34 PM    07:34 PM    09:33 PM    11:33 PM
General	Azadi ki Amrit Kahaniyan (Aarohi Pandit- Vayu)	English	01:45 AM    03:45 AM    05:44 AM    07:44 AM    09:43 AM    11:43 AM    01:42 PM    03:42 PM    05:41 PM    07:41 PM    09:40 PM    11:40 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:47 AM    03:47 AM    05:46 AM    07:46 AM    09:45 AM    11:45 AM    01:45 PM    03:44 PM    05:44 PM    07:43 PM    09:43 PM    11:42 PM
General	Safety and Security against Violence and Injuries	English	01:53 AM    03:53 AM    05:53 AM    07:52 AM    09:52 AM    11:51 AM    01:51 PM    03:50 PM    05:50 PM    07:49 PM    09:49 PM    11:48 PM
<b>शुक्रवार, 13 मार्च 2026</b> <b>Friday, 13 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    01:59 AM    03:58 AM    05:58 AM    07:57 AM    09:56 AM    11:56 AM    01:55 PM    03:54 PM    05:54 PM    07:53 PM    09:53 PM    11:52 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM    01:59 AM    03:59 AM    05:58 AM    07:57 AM    09:57 AM    11:56 AM    01:55 PM    03:55 PM    05:54 PM    07:54 PM    09:53 PM    11:52 PM



General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:00 AM    03:59 AM    05:59 AM    07:58 AM    09:58 AM    11:57 AM    01:56 PM    03:56 PM    05:55 PM    07:54 PM    09:54 PM    11:53 PM
General	आज़ादी की अमृत कहानियाँ (ट्रेलर)	Hindi	12:04 AM    02:03 AM    04:03 AM    06:02 AM    08:01 AM    10:01 AM    12:00 PM    02:00 PM    03:59 PM    05:58 PM    07:58 PM    09:57 PM    11:56 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:05 AM    02:05 AM    04:04 AM    06:03 AM    08:03 AM    10:02 AM    12:01 PM    02:01 PM    04:00 PM    05:59 PM    07:59 PM    09:58 PM    11:58 PM
General	Nutrition_Health and Sanitation	English	12:09 AM    02:08 AM    04:07 AM    06:07 AM    08:06 AM    10:05 AM    12:05 PM    02:04 PM    04:03 PM    06:03 PM    08:02 PM    10:02 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:15 AM    02:14 AM    04:14 AM    06:13 AM    08:12 AM    10:12 AM    12:11 PM    02:10 PM    04:10 PM    06:09 PM    08:09 PM    10:08 PM
General	Prevention and Management of Substance Misuse	English	12:22 AM    02:21 AM    04:20 AM    06:20 AM    08:19 AM    10:18 AM    12:18 PM    02:17 PM    04:16 PM    06:16 PM    08:15 PM    10:15 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:27 AM    02:26 AM    04:26 AM    06:25 AM    08:24 AM    10:24 AM    12:23 PM    02:22 PM    04:22 PM    06:21 PM    08:20 PM    10:20 PM
General	Promotion of Healthy Lifestyle	English	12:33 AM    02:32 AM    04:31 AM    06:31 AM    08:30 AM    10:30 AM    12:29 PM    02:28 PM    04:28 PM    06:27 PM    08:26 PM    10:26 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:39 AM    02:38 AM    04:37 AM    06:37 AM    08:36 AM    10:35 AM    12:35 PM    02:34 PM    04:34 PM    06:33 PM    08:32 PM    10:32 PM
General	Real life situations- garbage burning and what to do	English	12:45 AM    02:44 AM    04:44 AM    06:43 AM    08:42 AM    10:42 AM    12:41 PM    02:40 PM    04:40 PM    06:39 PM    08:38 PM    10:38 PM
General	सूर्य नमस्कार	Hindi	01:09 AM    03:08 AM    05:08 AM    07:07 AM    09:06 AM    11:06 AM    01:05 PM    03:04 PM    05:04 PM    07:03 PM    09:02 PM    11:02 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:16 AM    03:15 AM    05:14 AM    07:14 AM    09:13 AM    11:12 AM    01:12 PM    03:11 PM    05:10 PM    07:10 PM    09:09 PM    11:09 PM



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General	Real life situations- garbage burning and what to do	English	01:22 AM    03:22 AM    05:21 AM    07:20 AM    09:20 AM    11:19 AM    01:18 PM    03:18 PM    05:17 PM    07:16 PM    09:16 PM    11:15 PM
General	पारस्परिक संबंध	Hindi	01:46 AM    03:46 AM    05:45 AM    07:44 AM    09:44 AM    11:43 AM    01:42 PM    03:42 PM    05:41 PM    07:40 PM    09:40 PM    11:39 PM
General	जेंडर समानता	Hindi	01:52 AM    03:51 AM    05:50 AM    07:50 AM    09:49 AM    11:48 AM    01:48 PM    03:47 PM    05:46 PM    07:46 PM    09:45 PM    11:45 PM
<b>शनिवार, 14 मार्च 2026</b> <b>Saturday, 14 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    10:00 AM    12:00 PM    02:00 PM    04:00 PM    06:00 PM    08:00 PM    10:00 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	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	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:01 AM    06:01 AM    08:01 AM    10:01 AM    12:01 PM    02:01 PM    04:01 PM    06:01 PM    08:01 PM    10:01 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:04 AM    02:04 AM    04:04 AM    06:04 AM    08:04 AM    10:04 AM    12:04 PM    02:04 PM    04:04 PM    06:04 PM    08:04 PM    10:04 PM
General	Gender Equality	English	12:09 AM    02:10 AM    04:10 AM    06:10 AM    08:10 AM    10:10 AM    12:10 PM    02:10 PM    04:10 PM    06:10 PM    08:10 PM    10:10 PM
General	जेंडर समानता	Hindi	12:17 AM    02:17 AM    04:17 AM    06:17 AM    08:17 AM    10:17 AM    12:17 PM    02:17 PM    04:17 PM    06:17 PM    08:17 PM    10:17 PM
General	Nutrition_Health and Sanitation	English	12:24 AM    02:24 AM    04:24 AM    06:24 AM    08:24 AM    10:24 AM    12:24 PM    02:24 PM    04:24 PM    06:24 PM    08:24 PM    10:24 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:30 AM    02:30 AM    04:30 AM    06:30 AM    08:30 AM    10:30 AM    12:30 PM    02:30 PM    04:30 PM    06:31 PM    08:31 PM    10:31 PM
General	Prevention and Management of Substance Misuse	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    08:37 PM    10:37 PM



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General	Safety and Security against Violence and Injuries	English	12:42 AM    02:42 AM    04:42 AM    06:42 AM    08:42 AM    10:42 AM    12:42 PM    02:42 PM    04:42 PM    06:42 PM    08:42 PM    10:42 PM
General	Promotion of Healthy Lifestyle	English	12:48 AM    02:48 AM    04:48 AM    06:48 AM    08:48 AM    10:48 AM    12:48 PM    02:48 PM    04:48 PM    06:48 PM    08:48 PM    10:48 PM
General	Safety and Security against Violence and Injuries	English	12:54 AM    02:54 AM    04:54 AM    06:54 AM    08:54 AM    10:54 AM    12:54 PM    02:54 PM    04:54 PM    06:54 PM    08:54 PM    10:54 PM
General	आज़ादी की अमृत कहानियाँ (अंशु जमसेंपा- पर्वत )	Hindi	01:00 AM    03:00 AM    05:00 AM    07:00 AM    09:00 AM    11:00 AM    01:00 PM    03:00 PM    05:00 PM    07:00 PM    09:00 PM    11:00 PM
General	Azadi ki Amrit Kahaniyan (Anshu Jamsenpa- Parvat)	English	01:02 AM    03:02 AM    05:02 AM    07:02 AM    09:02 AM    11:02 AM    01:02 PM    03:02 PM    05:02 PM    07:02 PM    09:02 PM    11:02 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:04 AM    03:04 AM    05:04 AM    07:04 AM    09:04 AM    11:04 AM    01:04 PM    03:04 PM    05:04 PM    07:04 PM    09:04 PM    11:04 PM
General	Safe Use of Internet_Gadgets and Media	English	01:10 AM    03:10 AM    05:10 AM    07:10 AM    09:10 AM    11:10 AM    01:10 PM    03:10 PM    05:10 PM    07:10 PM    09:10 PM    11:10 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	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
General	उपभोक्ता संरक्षण	Hindi	01:22 AM    03:22 AM    05:22 AM    07:22 AM    09:22 AM    11:22 AM    01:22 PM    03:22 PM    05:22 PM    07:22 PM    09:22 PM    11:22 PM
General	जेंडर समानता	Hindi	01:27 AM    03:27 AM    05:27 AM    07:27 AM    09:27 AM    11:27 AM    01:27 PM    03:27 PM    05:27 PM    07:27 PM    09:27 PM    11:27 PM
General	Real life situations- garbage burning and what to do	English	01:34 AM    03:34 AM    05:34 AM    07:34 AM    09:34 AM    11:34 AM    01:34 PM    03:34 PM    05:34 PM    07:34 PM    09:34 PM    11:35 PM
General	Azadi ki Amrit Kahaniyan(Trailer)	English	01:58 AM    03:58 AM    05:58 AM    07:58 AM    09:58 AM    11:58 AM    01:58 PM    03:58 PM    05:58 PM    07:58 PM    09:58 PM    11:59 PM



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**रविवार, 15 मार्च 2026**
**Sunday, 15 March 2026**

Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:04 PM    06:05 PM    08:05 PM    10:06 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:03 PM    02:04 PM    04:04 PM    06:05 PM    08:06 PM    10:06 PM
सामान्य	Single Use Plastic	हिंदी	12:01 AM    02:01 AM    04:02 AM    06:02 AM    08:03 AM    10:04 AM    12:04 PM    02:05 PM    04:05 PM    06:06 PM    08:06 PM    10:07 PM
General	उपभोक्ता संरक्षण	Hindi	12:02 AM    02:03 AM    04:04 AM    06:04 AM    08:05 AM    10:05 AM    12:06 PM    02:06 PM    04:07 PM    06:08 PM    08:08 PM    10:09 PM
General	इनोवेटिव टीचर	Hindi	12:07 AM    02:08 AM    04:09 AM    06:09 AM    08:10 AM    10:10 AM    12:11 PM    02:11 PM    04:12 PM    06:13 PM    08:13 PM    10:14 PM
General	हिंदी शब्दकोष	Hindi	12:23 AM    02:24 AM    04:24 AM    06:25 AM    08:25 AM    10:26 AM    12:26 PM    02:27 PM    04:27 PM    06:28 PM    08:29 PM    10:29 PM
General	Introduction to waste segregation & dry and wet bins	English	12:40 AM    02:41 AM    04:41 AM    06:42 AM    08:42 AM    10:43 AM    12:44 PM    02:44 PM    04:45 PM    06:45 PM    08:46 PM    10:46 PM
General	Real life situations- garbage burning and what to do	English	12:54 AM    02:54 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    09:00 PM    11:00 PM
General	आज़ादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन )	Hindi	01:18 AM    03:18 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    09:24 PM    11:24 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:20 AM    03:21 AM    05:21 AM    07:22 AM    09:22 AM    11:23 AM    01:24 PM    03:24 PM    05:25 PM    07:25 PM    09:26 PM    11:26 PM
General	Catfishing Fraud	English	01:26 AM    03:27 AM    05:27 AM    07:28 AM    09:29 AM    11:29 AM    01:30 PM    03:30 PM    05:31 PM    07:31 PM    09:32 PM    11:33 PM
General	Ransomware Attack	English	01:27 AM    03:28 AM    05:29 AM    07:29 AM    09:30 AM    11:30 AM    01:31 PM    03:31 PM    05:32 PM    07:32 PM    09:33 PM    11:34 PM



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General	Azadi ki Amrit Kahaniyan (Poonam Nautiyal- Jeevan )	English	01:28 AM    03:29 AM    05:30 AM    07:30 AM    09:31 AM    11:31 AM    01:32 PM    03:32 PM    05:33 PM    07:33 PM    09:34 PM    11:35 PM
General	Gender Equality	English	01:31 AM    03:31 AM    05:32 AM    07:32 AM    09:33 AM    11:34 AM    01:34 PM    03:35 PM    05:35 PM    07:36 PM    09:36 PM    11:37 PM
General	जेंडर समानता	Hindi	01:38 AM    03:38 AM    05:39 AM    07:40 AM    09:40 AM    11:41 AM    01:41 PM    03:42 PM    05:42 PM    07:43 PM    09:44 PM    11:44 PM
General	Cyberbullying	English	01:45 AM    03:46 AM    05:46 AM    07:47 AM    09:47 AM    11:48 AM    01:49 PM    03:49 PM    05:50 PM    07:50 PM    09:51 PM    11:51 PM
General	Introduction to waste segregation & dry and wet bins	English	01:46 AM    03:47 AM    05:48 AM    07:48 AM    09:49 AM    11:49 AM    01:50 PM    03:50 PM    05:51 PM    07:52 PM    09:52 PM    11:53 PM
<b>सोमवार, 16 मार्च 2026</b>			
<b>Monday, 16 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:07 PM    08:08 PM    10:09 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:08 PM    08:09 PM    10:10 PM
General	Cyberbullying	English	12:01 AM    02:02 AM    04:03 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:10 PM    10:10 PM
General	Catfishing Fraud	English	12:02 AM    02:03 AM    04:04 AM    06:05 AM    08:05 AM    10:06 AM    12:07 PM    02:08 PM    04:09 PM    06:10 PM    08:11 PM    10:12 PM
General	Value and responsible Citizenship	English	12:03 AM    02:04 AM    04:05 AM    06:06 AM    08:07 AM    10:07 AM    12:08 PM    02:09 PM    04:10 PM    06:11 PM    08:12 PM    10:13 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:08 AM    02:09 AM    04:10 AM    06:11 AM    08:12 AM    10:12 AM    12:13 PM    02:14 PM    04:15 PM    06:16 PM    08:17 PM    10:18 PM
General	Gender Equality	English	12:14 AM    02:14 AM    04:15 AM    06:16 AM    08:17 AM    10:18 AM    12:19 PM    02:20 PM    04:21 PM    06:21 PM    08:22 PM    10:23 PM



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General	जेंडर समानता	Hindi	12:21 AM    02:22 AM    04:22 AM    06:23 AM    08:24 AM    10:25 AM    12:26 PM    02:27 PM    04:28 PM    06:29 PM    08:30 PM    10:30 PM
General	Nutrition_Health and Sanitation	English	12:28 AM    02:29 AM    04:30 AM    06:31 AM    08:32 AM    10:32 AM    12:33 PM    02:34 PM    04:35 PM    06:36 PM    08:37 PM    10:38 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	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    04:41 PM    06:42 PM    08:43 PM    10:44 PM
General	Prevention and Management of Substance Misuse	English	12:41 AM    02:42 AM    04:43 AM    06:44 AM    08:45 AM    10:45 AM    12:46 PM    02:47 PM    04:48 PM    06:49 PM    08:50 PM    10:51 PM
General	Promotion of Healthy Lifestyle	English	12:46 AM    02:47 AM    04:48 AM    06:49 AM    08:50 AM    10:51 AM    12:52 PM    02:53 PM    04:53 PM    06:54 PM    08:55 PM    10:56 PM
General	स्वस्थ बढ़ना	Hindi	12:52 AM    02:53 AM    04:54 AM    06:55 AM    08:56 AM    10:57 AM    12:58 PM    02:58 PM    04:59 PM    07:00 PM    09:01 PM    11:02 PM
General	Emotional well being and mental health	English	12:57 AM    02:58 AM    04:58 AM    06:59 AM    09:00 AM    11:01 AM    01:02 PM    03:03 PM    05:04 PM    07:05 PM    09:05 PM    11:06 PM
General	Vakrasana	English	01:02 AM    03:02 AM    05:03 AM    07:04 AM    09:05 AM    11:06 AM    01:07 PM    03:08 PM    05:09 PM    07:10 PM    09:10 PM    11:11 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:04 AM    03:05 AM    05:06 AM    07:07 AM    09:08 AM    11:09 AM    01:09 PM    03:10 PM    05:11 PM    07:12 PM    09:13 PM    11:14 PM
General	Interpersonal Relationships	English	01:09 AM    03:10 AM    05:11 AM    07:12 AM    09:13 AM    11:14 AM    01:14 PM    03:15 PM    05:16 PM    07:17 PM    09:18 PM    11:19 PM
General	पारस्परिक संबंध	Hindi	01:14 AM    03:15 AM    05:16 AM    07:16 AM    09:17 AM    11:18 AM    01:19 PM    03:20 PM    05:21 PM    07:22 PM    09:23 PM    11:24 PM
General	Real life situations- garbage burning and what to do	English	01:19 AM    03:20 AM    05:21 AM    07:22 AM    09:23 AM    11:24 AM    01:24 PM    03:25 PM    05:26 PM    07:27 PM    09:28 PM    11:29 PM
General	हिंदी शब्दकोष	Hindi	01:43 AM    03:44 AM    05:45 AM    07:46 AM    09:47 AM    11:48 AM    01:48 PM    03:49 PM    05:50 PM    07:51 PM    09:52 PM    11:53 PM



**मंगलवार, 17 मार्च 2026**
**Tuesday, 17 March 2026**

Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:04 PM    02:04 PM    04:05 PM    06:06 PM    08:07 PM    10:07 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:01 AM    04:01 AM    06:02 AM    08:03 AM    10:03 AM    12:04 PM    02:05 PM    04:06 PM    06:06 PM    08:07 PM    10:08 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:04 AM    12:05 PM    02:06 PM    04:06 PM    06:07 PM    08:08 PM    10:08 PM
General	इनोवेटिव टीचर	Hindi	12:04 AM    02:05 AM    04:05 AM    06:06 AM    08:07 AM    10:07 AM    12:08 PM    02:09 PM    04:10 PM    06:10 PM    08:11 PM    10:12 PM
General	हिंदी शब्दकोष	Hindi	12:19 AM    02:20 AM    04:21 AM    06:22 AM    08:22 AM    10:23 AM    12:24 PM    02:24 PM    04:25 PM    06:26 PM    08:26 PM    10:27 PM
General	Introduction to waste segregation & dry and wet bins	English	12:37 AM    02:37 AM    04:38 AM    06:39 AM    08:39 AM    10:40 AM    12:41 PM    02:42 PM    04:42 PM    06:43 PM    08:44 PM    10:44 PM
General	Real life situations- garbage burning and what to do	English	12:50 AM    02:51 AM    04:52 AM    06:52 AM    08:53 AM    10:54 AM    12:55 PM    02:55 PM    04:56 PM    06:57 PM    08:57 PM    10:58 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:14 AM    03:15 AM    05:16 AM    07:16 AM    09:17 AM    11:18 AM    01:19 PM    03:19 PM    05:20 PM    07:21 PM    09:21 PM    11:22 PM
General	Safe Use of Internet_Gadgets and Media	English	01:20 AM    03:21 AM    05:22 AM    07:22 AM    09:23 AM    11:24 AM    01:24 PM    03:25 PM    05:26 PM    07:27 PM    09:27 PM    11:28 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:26 AM    03:27 AM    05:28 AM    07:28 AM    09:29 AM    11:30 AM    01:30 PM    03:31 PM    05:32 PM    07:33 PM    09:33 PM    11:34 PM
General	Interpersonal Relationships	English	01:31 AM    03:32 AM    05:33 AM    07:33 AM    09:34 AM    11:35 AM    01:35 PM    03:36 PM    05:37 PM    07:38 PM    09:38 PM    11:39 PM
General	Value and responsible Citizenship	English	01:36 AM    03:37 AM    05:37 AM    07:38 AM    09:39 AM    11:39 AM    01:40 PM    03:41 PM    05:41 PM    07:42 PM    09:43 PM    11:44 PM



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General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:41 AM    03:42 AM    05:42 AM    07:43 AM    09:44 AM    11:44 AM    01:45 PM    03:46 PM    05:46 PM    07:47 PM    09:48 PM    11:49 PM
General	Gender Equality	English	01:46 AM    03:47 AM    05:48 AM    07:49 AM    09:49 AM    11:50 AM    01:51 PM    03:51 PM    05:52 PM    07:53 PM    09:53 PM    11:54 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:54 AM    03:54 AM    05:55 AM    07:56 AM    09:56 AM    11:57 AM    01:58 PM    03:58 PM    05:59 PM    08:00 PM    10:01 PM
<b>बुधवार, 18 मार्च 2026</b> <b>Wednesday, 18 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	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	Cyberbullying	English	12:01 AM    02:01 AM    04:01 AM    06:01 AM    08:01 AM    10:01 AM    12:01 PM    02:01 PM    04:00 PM    06:00 PM    08:00 PM    10:00 PM
General	Ransomware Attack	English	12:02 AM    02:02 AM    04:02 AM    06:02 AM    08:02 AM    10:02 AM    12:02 PM    02:02 PM    04:02 PM    06:02 PM    08:02 PM    10:02 PM
General	इनोवेटिव टीचर	Hindi	12:03 AM    02:03 AM    04:03 AM    06:03 AM    08:03 AM    10:03 AM    12:03 PM    02:03 PM    04:03 PM    06:03 PM    08:03 PM    10:03 PM
General	हिंदी शब्दकोष	Hindi	12:18 AM    02:18 AM    04:18 AM    06:18 AM    08:18 AM    10:18 AM    12:18 PM    02:18 PM    04:18 PM    06:18 PM    08:18 PM    10:18 PM
General	पवनमुक्तासन	Hindi	12:36 AM    02:36 AM    04:36 AM    06:36 AM    08:36 AM    10:35 AM    12:35 PM    02:35 PM    04:35 PM    06:35 PM    08:35 PM    10:35 PM
General	Introduction to waste segregation & dry and wet bins	English	12:39 AM    02:39 AM    04:39 AM    06:39 AM    08:39 AM    10:39 AM    12:38 PM    02:38 PM    04:38 PM    06:38 PM    08:38 PM    10:38 PM
General	Real life situations- garbage burning and what to do	English	12:52 AM    02:52 AM    04:52 AM    06:52 AM    08:52 AM    10:52 AM    12:52 PM    02:52 PM    04:52 PM    06:52 PM    08:52 PM    10:52 PM



General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	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
General	Reproductive Health and HIV Prevention	English	01:22 AM    03:22 AM    05:22 AM    07:22 AM    09:22 AM    11:22 AM    01:22 PM    03:22 PM    05:22 PM    07:22 PM    09:22 PM    11:22 PM
General	Gender Equality	English	01:28 AM    03:28 AM    05:28 AM    07:28 AM    09:28 AM    11:28 AM    01:28 PM    03:28 PM    05:28 PM    07:28 PM    09:28 PM    11:28 PM
General	जेंडर समानता	Hindi	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
General	Nutrition_Health and Sanitation	English	01:42 AM    03:42 AM    05:42 AM    07:42 AM    09:42 AM    11:42 AM    01:42 PM    03:42 PM    05:42 PM    07:42 PM    09:42 PM    11:42 PM
General	Azadi ki Amrit Kahaniyan (Anshu Jamsenpa-Parvat)	English	01:49 AM    03:49 AM    05:49 AM    07:49 AM    09:49 AM    11:49 AM    01:49 PM    03:49 PM    05:49 PM    07:49 PM    09:48 PM    11:48 PM
General	Pawanmuktasana	English	01:51 AM    03:51 AM    05:51 AM    07:51 AM    09:51 AM    11:51 AM    01:51 PM    03:51 PM    05:51 PM    07:51 PM    09:51 PM    11:51 PM
General	पारस्परिक संबंध	Hindi	01:54 AM    03:54 AM    05:54 AM    07:54 AM    09:54 AM    11:54 AM    01:54 PM    03:54 PM    05:54 PM    07:54 PM    09:54 PM    11:54 PM
<b>बृहस्पतिवार, 19 मार्च 2026</b> <b>Thursday, 19 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:01 AM    06:00 AM    08:00 AM    10:00 AM    12:00 PM    02:00 PM    04:00 PM    06:00 PM    08:00 PM    10:00 PM



General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:04 AM    02:04 AM    04:04 AM    06:04 AM    08:04 AM    10:04 AM    12:03 PM    02:03 PM    04:03 PM    06:03 PM    08:03 PM    10:03 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:10 AM    02:10 AM    04:10 AM    06:10 AM    08:10 AM    10:10 AM    12:10 PM    02:09 PM    04:09 PM    06:09 PM    08:09 PM    10:09 PM
General	Emotional well being and mental health	English	12:16 AM    02:16 AM    04:16 AM    06:16 AM    08:16 AM    10:15 AM    12:15 PM    02:15 PM    04:15 PM    06:15 PM    08:15 PM    10:15 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:21 AM    02:21 AM    04:21 AM    06:21 AM    08:20 AM    10:20 AM    12:20 PM    02:20 PM    04:20 PM    06:20 PM    08:20 PM    10:20 PM
General	Interpersonal Relationships	English	12:26 AM    02:26 AM    04:26 AM    06:26 AM    08:25 AM    10:25 AM    12:25 PM    02:25 PM    04:25 PM    06:25 PM    08:25 PM    10:25 PM
General	पारस्परिक संबंध	Hindi	12:30 AM    02:30 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
General	Value and responsible Citizenship	English	12:36 AM    02:36 AM    04:36 AM    06:36 AM    08:35 AM    10:35 AM    12:35 PM    02:35 PM    04:35 PM    06:35 PM    08:35 PM    10:35 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:41 AM    02:41 AM    04:41 AM    06:40 AM    08:40 AM    10:40 AM    12:40 PM    02:40 PM    04:40 PM    06:40 PM    08:40 PM    10:40 PM
General	Gender Equality	English	12:46 AM    02:46 AM    04:46 AM    06:46 AM    08:46 AM    10:46 AM    12:46 PM    02:46 PM    04:46 PM    06:46 PM    08:45 PM    10:45 PM
General	जेंडर समानता	Hindi	12:53 AM    02:53 AM    04:53 AM    06:53 AM    08:53 AM    10:53 AM    12:53 PM    02:53 PM    04:53 PM    06:53 PM    08:53 PM    10:53 PM
General	Nutrition_Health and Sanitation	English	01:01 AM    03:01 AM    05:01 AM    07:01 AM    09:00 AM    11:00 AM    01:00 PM    03:00 PM    05:00 PM    07:00 PM    09:00 PM    11:00 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:07 AM    03:07 AM    05:07 AM    07:07 AM    09:07 AM    11:07 AM    01:07 PM    03:07 PM    05:06 PM    07:06 PM    09:06 PM    11:06 PM
General	Real life situations- garbage burning and what to do	English	01:14 AM    03:14 AM    05:14 AM    07:14 AM    09:13 AM    11:13 AM    01:13 PM    03:13 PM    05:13 PM    07:13 PM    09:13 PM    11:13 PM



General	Surya Namaskar	English	01:38 AM    03:38 AM    05:38 AM    07:38 AM    09:37 AM    11:37 AM    01:37 PM    03:37 PM    05:37 PM    07:37 PM    09:37 PM    11:37 PM
General	आजादी की अमृत कहानियाँ (ट्रेलर)	Hindi	01:45 AM    03:44 AM    05:44 AM    07:44 AM    09:44 AM    11:44 AM    01:44 PM    03:44 PM    05:44 PM    07:44 PM    09:44 PM    11:44 PM
General	Introduction to waste segregation & dry and wet bins	English	01:46 AM    03:46 AM    05:46 AM    07:46 AM    09:45 AM    11:45 AM    01:45 PM    03:45 PM    05:45 PM    07:45 PM    09:45 PM    11:45 PM
शुक्रवार, 20 मार्च 2026 Friday, 20 March 2026			
Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:00 AM    06:01 AM    08:01 AM    10:02 AM    12:02 PM    02:03 PM    04:03 PM    06:04 PM    08:04 PM    10:04 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:04 PM    06:04 PM    08:04 PM    10:05 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:02 AM    06:02 AM    08:03 AM    10:03 AM    12:03 PM    02:04 PM    04:04 PM    06:05 PM    08:05 PM    10:06 PM
General	आजादी की अमृत कहानियाँ (अंशु जमसेंपा- पर्वत )	Hindi	12:04 AM    02:04 AM    04:05 AM    06:05 AM    08:06 AM    10:06 AM    12:07 PM    02:07 PM    04:08 PM    06:08 PM    08:08 PM    10:09 PM
General	zoological-Survey-of-indi a	English	12:06 AM    02:07 AM    04:07 AM    06:08 AM    08:08 AM    10:09 AM    12:09 PM    02:09 PM    04:10 PM    06:10 PM    08:11 PM    10:11 PM
General	इनोवेटिव टीचर	Hindi	12:09 AM    02:09 AM    04:10 AM    06:10 AM    08:11 AM    10:11 AM    12:11 PM    02:12 PM    04:12 PM    06:13 PM    08:13 PM    10:14 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:24 AM    02:25 AM    04:25 AM    06:26 AM    08:26 AM    10:26 AM    12:27 PM    02:27 PM    04:28 PM    06:28 PM    08:29 PM    10:29 PM
General	आजादी की अमृत कहानियाँ (ट्रेलर)	Hindi	12:30 AM    02:30 AM    04:31 AM    06:31 AM    08:32 AM    10:32 AM    12:32 PM    02:33 PM    04:33 PM    06:34 PM    08:34 PM    10:35 PM
General	जेंडर समानता	Hindi	12:31 AM    02:31 AM    04:32 AM    06:32 AM    08:33 AM    10:33 AM    12:34 PM    02:34 PM    04:35 PM    06:35 PM    08:35 PM    10:36 PM



General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:38 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    08:43 PM    10:43 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:45 AM    02:45 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
General	Azadi ki Amrit Kahaniyan (Tanvi Jagdish- Sagar)	English	12:51 AM    02:52 AM    04:52 AM    06:52 AM    08:53 AM    10:53 AM    12:54 PM    02:54 PM    04:55 PM    06:55 PM    08:56 PM    10:56 PM
General	हिंदी शब्दकोष	Hindi	12:53 AM    02:54 AM    04:54 AM    06:55 AM    08:55 AM    10:56 AM    12:56 PM    02:57 PM    04:57 PM    06:57 PM    08:58 PM    10:58 PM
General	Introduction to waste segregation & dry and wet bins	English	01:11 AM    03:11 AM    05:12 AM    07:12 AM    09:12 AM    11:13 AM    01:13 PM    03:14 PM    05:14 PM    07:15 PM    09:15 PM    11:16 PM
General	Online Game Fraud	English	01:24 AM    03:25 AM    05:25 AM    07:26 AM    09:26 AM    11:27 AM    01:27 PM    03:27 PM    05:28 PM    07:28 PM    09:29 PM    11:29 PM
General	Real life situations- garbage burning and what to do	English	01:25 AM    03:25 AM    05:26 AM    07:26 AM    09:27 AM    11:27 AM    01:28 PM    03:28 PM    05:29 PM    07:29 PM    09:29 PM    11:30 PM
General	आज़ादी की अमृत कहानियाँ (हर्षिनी कान्हेकर - अग्नि )	Hindi	01:49 AM    03:49 AM    05:50 AM    07:50 AM    09:51 AM    11:51 AM    01:52 PM    03:52 PM    05:53 PM    07:53 PM    09:53 PM    11:54 PM
General	Nutrition_Health and Sanitation	English	01:51 AM    03:52 AM    05:52 AM    07:53 AM    09:53 AM    11:54 AM    01:54 PM    03:54 PM    05:55 PM    07:55 PM    09:56 PM    11:56 PM
General	आज़ादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)	Hindi	01:58 AM    03:58 AM    05:59 AM    07:59 AM    09:59 AM    12:00 PM    02:00 PM    04:01 PM    06:01 PM    08:02 PM    10:02 PM
शनिवार, 21 मार्च 2026 Saturday, 21 March 2026			
Invocation/ National Song	Montage	English	12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:06 AM    12:07 PM    02:08 PM    04:09 PM    06:10 PM    08:12 PM    10:13 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM    02:01 AM    04:02 AM    06:04 AM    08:05 AM    10:06 AM    12:07 PM    02:08 PM    04:10 PM    06:11 PM    08:12 PM    10:13 PM



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General	इनोवेटिव टीचर	Hindi	12:01 AM    02:02 AM    04:03 AM    06:04 AM    08:06 AM    10:07 AM    12:08 PM    02:09 PM    04:10 PM    06:12 PM    08:13 PM    10:14 PM
General	आज़ादी की अमृत कहानियाँ (बसंती देवी - जल )	Hindi	12:16 AM    02:17 AM    04:19 AM    06:20 AM    08:21 AM    10:22 AM    12:23 PM    02:25 PM    04:26 PM    06:27 PM    08:28 PM    10:29 PM
General	Introduction to waste segregation & dry and wet bins	English	12:19 AM    02:20 AM    04:21 AM    06:22 AM    08:23 AM    10:25 AM    12:26 PM    02:27 PM    04:28 PM    06:29 PM    08:31 PM    10:32 PM
General	Real life situations- garbage burning and what to do	English	12:32 AM    02:33 AM    04:35 AM    06:36 AM    08:37 AM    10:38 AM    12:39 PM    02:41 PM    04:42 PM    06:43 PM    08:44 PM    10:45 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:56 AM    02:57 AM    04:59 AM    07:00 AM    09:01 AM    11:02 AM    01:03 PM    03:05 PM    05:06 PM    07:07 PM    09:08 PM    11:09 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:02 AM    03:03 AM    05:05 AM    07:06 AM    09:07 AM    11:08 AM    01:09 PM    03:11 PM    05:12 PM    07:13 PM    09:14 PM    11:15 PM
General	हिंदी शब्दकोष	Hindi	01:09 AM    03:10 AM    05:11 AM    07:13 AM    09:14 AM    11:15 AM    01:16 PM    03:17 PM    05:19 PM    07:20 PM    09:21 PM    11:22 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:26 AM    03:27 AM    05:29 AM    07:30 AM    09:31 AM    11:32 AM    01:33 PM    03:35 PM    05:36 PM    07:37 PM    09:38 PM    11:39 PM
General	Growing up Healthy	English	01:32 AM    03:33 AM    05:34 AM    07:35 AM    09:37 AM    11:38 AM    01:39 PM    03:40 PM    05:41 PM    07:43 PM    09:44 PM    11:45 PM
General	Gender Equality	English	01:36 AM    03:37 AM    05:38 AM    07:40 AM    09:41 AM    11:42 AM    01:43 PM    03:44 PM    05:46 PM    07:47 PM    09:48 PM    11:49 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:43 AM    03:44 AM    05:45 AM    07:47 AM    09:48 AM    11:49 AM    01:50 PM    03:51 PM    05:53 PM    07:54 PM    09:55 PM    11:56 PM
General	Safe Use of Internet_Gadgets and Media	English	01:48 AM    03:49 AM    05:50 AM    07:52 AM    09:53 AM    11:54 AM    01:55 PM    03:56 PM    05:58 PM    07:59 PM    10:00 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:54 AM    03:55 AM    05:56 AM    07:58 AM    09:59 AM    12:00 PM    02:01 PM    04:02 PM    06:04 PM    08:05 PM    10:06 PM



**रविवार, 22 मार्च 2026**
**Sunday, 22 March 2026**

Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:03 AM    12:03 PM    02:04 PM    04:05 PM    06:05 PM    08:06 PM    10:07 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:01 AM    04:01 AM    06:02 AM    08:03 AM    10:03 AM    12:04 PM    02:04 PM    04:05 PM    06:06 PM    08:06 PM    10:07 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:02 AM    06:03 AM    08:03 AM    10:04 AM    12:05 PM    02:05 PM    04:06 PM    06:07 PM    08:07 PM    10:08 PM
General	इनोवेटिव टीचर	Hindi	12:04 AM    02:05 AM    04:05 AM    06:06 AM    08:07 AM    10:07 AM    12:08 PM    02:08 PM    04:09 PM    06:10 PM    08:10 PM    10:11 PM
General	हिंदी शब्दकोष	Hindi	12:19 AM    02:20 AM    04:21 AM    06:21 AM    08:22 AM    10:23 AM    12:23 PM    02:24 PM    04:25 PM    06:25 PM    08:26 PM    10:27 PM
General	Introduction to waste segregation & dry and wet bins	English	12:37 AM    02:37 AM    04:38 AM    06:39 AM    08:39 AM    10:40 AM    12:41 PM    02:41 PM    04:42 PM    06:43 PM    08:43 PM    10:44 PM
General	Real life situations- garbage burning and what to do	English	12:50 AM    02:51 AM    04:52 AM    06:52 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	Safe Use of Internet_Gadgets and Media	English	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    11:21 PM
General	Nutrition_Health and Sanitation	English	01:20 AM    03:21 AM    05:22 AM    07:22 AM    09:23 AM    11:24 AM    01:24 PM    03:25 PM    05:26 PM    07:26 PM    09:27 PM    11:27 PM
General	जेंडर समानता	Hindi	01:27 AM    03:27 AM    05:28 AM    07:29 AM    09:29 AM    11:30 AM    01:31 PM    03:31 PM    05:32 PM    07:33 PM    09:33 PM    11:34 PM
General	Fake Job Alert	English	01:34 AM    03:35 AM    05:35 AM    07:36 AM    09:37 AM    11:37 AM    01:38 PM    03:39 PM    05:39 PM    07:40 PM    09:41 PM    11:41 PM
General	योग ओलंपियाड	Hindi	01:35 AM    03:35 AM    05:36 AM    07:37 AM    09:37 AM    11:38 AM    01:39 PM    03:39 PM    05:40 PM    07:41 PM    09:41 PM    11:42 PM



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General	Azadi ki Amrit Kahaniyan (Harshini Kanhekar- Agni)	English	01:39 AM    03:40 AM    05:40 AM    07:41 AM    09:42 AM    11:42 AM    01:43 PM    03:44 PM    05:44 PM    07:45 PM    09:46 PM    11:46 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:42 AM    03:42 AM    05:43 AM    07:43 AM    09:44 AM    11:45 AM    01:45 PM    03:46 PM    05:47 PM    07:47 PM    09:48 PM    11:49 PM
General	Introduction to waste segregation & dry and wet bins	English	01:46 AM    03:47 AM    05:48 AM    07:48 AM    09:49 AM    11:50 AM    01:50 PM    03:51 PM    05:52 PM    07:52 PM    09:53 PM    11:54 PM
<b>सोमवार, 23 मार्च 2026</b> <b>Monday, 23 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:04 PM    06:04 PM    08:05 PM    10:05 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:03 PM    02:04 PM    04:04 PM    06:05 PM    08:05 PM    10:06 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:02 AM    06:02 AM    08:03 AM    10:03 AM    12:04 PM    02:04 PM    04:05 PM    06:06 PM    08:06 PM    10:07 PM
General	आज़ादी की अमृत कहानियाँ (अंशु जमसेंपा- पर्वत )	Hindi	12:04 AM    02:04 AM    04:05 AM    06:06 AM    08:06 AM    10:07 AM    12:07 PM    02:08 PM    04:08 PM    06:09 PM    08:09 PM    10:10 PM
General	आज़ादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन )	Hindi	12:06 AM    02:07 AM    04:07 AM    06:08 AM    08:08 AM    10:09 AM    12:09 PM    02:10 PM    04:11 PM    06:11 PM    08:12 PM    10:12 PM
General	Gender Equality	English	12:09 AM    02:09 AM    04:10 AM    06:10 AM    08:11 AM    10:11 AM    12:12 PM    02:12 PM    04:13 PM    06:13 PM    08:14 PM    10:14 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:16 AM    02:16 AM    04:17 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	मूल्य और जिम्मेदार नागरिकता	Hindi	12:19 AM    02:20 AM    04:20 AM    06:21 AM    08:21 AM    10:22 AM    12:22 PM    02:23 PM    04:23 PM    06:24 PM    08:24 PM    10:25 PM
General	आज़ादी की अमृत कहानियाँ (हर्षिनी कान्हेकर - अग्नि )	Hindi	12:25 AM    02:25 AM    04:26 AM    06:26 AM    08:27 AM    10:27 AM    12:28 PM    02:28 PM    04:29 PM    06:29 PM    08:30 PM    10:31 PM



General	इनोवेटिव टीचर	Hindi	12:27 AM    02:28 AM    04:28 AM    06:29 AM    08:29 AM    10:30 AM    12:30 PM    02:31 PM    04:31 PM    06:32 PM    08:32 PM    10:33 PM
General	हिंदी शब्दकोष	Hindi	12:42 AM    02:43 AM    04:44 AM    06:44 AM    08:45 AM    10:45 AM    12:46 PM    02:46 PM    04:47 PM    06:47 PM    08:48 PM    10:48 PM
General	Introduction to waste segregation & dry and wet bins	English	01:00 AM    03:00 AM    05:01 AM    07:01 AM    09:02 AM    11:02 AM    01:03 PM    03:03 PM    05:04 PM    07:05 PM    09:05 PM    11:06 PM
General	Real life situations- garbage burning and what to do	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
General	Introduction to waste segregation & dry and wet bins	English	01:37 AM    03:38 AM    05:38 AM    07:39 AM    09:40 AM    11:40 AM    01:41 PM    03:41 PM    05:42 PM    07:42 PM    09:43 PM    11:43 PM
General	असल जीवन की चुनौतियाँ और उसका क्या करना है	English	01:51 AM    03:52 AM    05:52 AM    07:53 AM    09:53 AM    11:54 AM    01:54 PM    03:55 PM    05:55 PM    07:56 PM    09:56 PM    11:57 PM
General	पारस्परिक संबंध	Hindi	01:52 AM    03:53 AM    05:53 AM    07:54 AM    09:55 AM    11:55 AM    01:56 PM    03:56 PM    05:57 PM    07:57 PM    09:58 PM    11:58 PM
General	आज़ादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)	Hindi	01:58 AM    03:58 AM    05:59 AM    07:59 AM    10:00 AM    12:00 PM    02:01 PM    04:01 PM    06:02 PM    08:03 PM    10:03 PM
<b>मंगलवार, 24 मार्च 2026</b> <b>Tuesday, 24 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    01:59 AM    03:58 AM    05:57 AM    07:57 AM    09:56 AM    11:55 AM    01:54 PM    03:54 PM    05:53 PM    07:52 PM    09:51 PM    11:51 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM    01:59 AM    03:58 AM    05:58 AM    07:57 AM    09:56 AM    11:55 AM    01:55 PM    03:54 PM    05:53 PM    07:52 PM    09:52 PM    11:51 PM
General	Real life situations- garbage burning and what to do	English	12:01 AM    02:00 AM    03:59 AM    05:58 AM    07:58 AM    09:57 AM    11:56 AM    01:55 PM    03:55 PM    05:54 PM    07:53 PM    09:52 PM    11:52 PM



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General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:25 AM    02:24 AM    04:23 AM    06:22 AM    08:22 AM    10:21 AM    12:20 PM    02:19 PM    04:19 PM    06:18 PM    08:17 PM    10:16 PM
General	Interpersonal Relationships	English	12:30 AM    02:29 AM    04:28 AM    06:27 AM    08:27 AM    10:26 AM    12:25 PM    02:24 PM    04:24 PM    06:23 PM    08:22 PM    10:21 PM
General	पारस्परिक संबंध	Hindi	12:34 AM    02:34 AM    04:33 AM    06:32 AM    08:31 AM    10:31 AM    12:30 PM    02:29 PM    04:28 PM    06:28 PM    08:27 PM    10:26 PM
General	Value and responsible Citizenship	English	12:40 AM    02:39 AM    04:38 AM    06:37 AM    08:37 AM    10:36 AM    12:35 PM    02:34 PM    04:34 PM    06:33 PM    08:32 PM    10:31 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:45 AM    02:44 AM    04:43 AM    06:42 AM    08:42 AM    10:41 AM    12:40 PM    02:39 PM    04:39 PM    06:38 PM    08:37 PM    10:36 PM
General	Gender Equality	English	12:50 AM    02:49 AM    04:49 AM    06:48 AM    08:47 AM    10:46 AM    12:46 PM    02:45 PM    04:44 PM    06:43 PM    08:43 PM    10:42 PM
General	जेंडर समानता	Hindi	12:57 AM    02:57 AM    04:56 AM    06:55 AM    08:54 AM    10:54 AM    12:53 PM    02:52 PM    04:51 PM    06:51 PM    08:50 PM    10:49 PM
General	Nutrition_Health and Sanitation	English	01:05 AM    03:04 AM    05:03 AM    07:03 AM    09:02 AM    11:01 AM    01:00 PM    03:00 PM    04:59 PM    06:58 PM    08:57 PM    10:57 PM
General	इनोवेटिव टीचर	Hindi	01:11 AM    03:10 AM    05:10 AM    07:09 AM    09:08 AM    11:07 AM    01:07 PM    03:06 PM    05:05 PM    07:04 PM    09:04 PM    11:03 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:27 AM    03:26 AM    05:25 AM    07:24 AM    09:24 AM    11:23 AM    01:22 PM    03:21 PM    05:21 PM    07:20 PM    09:19 PM    11:18 PM
General	Prevention and Management of Substance Misuse	English	01:33 AM    03:32 AM    05:32 AM    07:31 AM    09:30 AM    11:29 AM    01:29 PM    03:28 PM    05:27 PM    07:26 PM    09:26 PM    11:25 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:39 AM    03:38 AM    05:37 AM    07:36 AM    09:36 AM    11:35 AM    01:34 PM    03:33 PM    05:33 PM    07:32 PM    09:31 PM    11:30 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:44 AM    03:44 AM    05:43 AM    07:42 AM    09:41 AM    11:41 AM    01:40 PM    03:39 PM    05:38 PM    07:38 PM    09:37 PM    11:36 PM



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General	Safety and Security against Violence and Injuries	English	01:50 AM    03:49 AM    05:49 AM    07:48 AM    09:47 AM    11:46 AM    01:46 PM    03:45 PM    05:44 PM    07:43 PM    09:43 PM    11:42 PM
General	02 July 2021 Today's & Tomorrow's Programmes	English/hindi	01:56 AM    03:55 AM    05:54 AM    07:54 AM    09:53 AM    11:52 AM    01:51 PM    03:51 PM    05:50 PM    07:49 PM    09:48 PM    11:48 PM
General	Bhujagasana	English	01:56 AM    03:56 AM    05:55 AM    07:54 AM    09:53 AM    11:53 AM    01:52 PM    03:51 PM    05:50 PM    07:50 PM    09:49 PM    11:48 PM
<b>बुधवार, 25 मार्च 2026</b> <b>Wednesday, 25 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    10:00 AM    12:00 PM    02:00 PM    04:00 PM    06:00 PM    08:00 PM    10:00 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	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    06:01 PM    08:01 PM    10:01 PM
General	जेंडर समानता	Hindi	12:01 AM    02:01 AM    04:01 AM    06:01 AM    08:01 AM    10:01 AM    12:01 PM    02:01 PM    04:01 PM    06:01 PM    08:01 PM    10:01 PM
General	Growing up Healthy	English	12:08 AM    02:08 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    08:09 PM    10:09 PM
General	स्वस्थ बढ़ना	Hindi	12:12 AM    02:12 AM    04:12 AM    06:12 AM    08:13 AM    10:13 AM    12:13 PM    02:13 PM    04:13 PM    06:13 PM    08:13 PM    10:13 PM
General	Emotional well being and mental health	English	12:17 AM    02:17 AM    04:17 AM    06:17 AM    08:17 AM    10:17 AM    12:17 PM    02:17 PM    04:17 PM    06:17 PM    08:17 PM    10:17 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:22 AM    02:22 AM    04:22 AM    06:22 AM    08:22 AM    10:22 AM    12:22 PM    02:22 PM    04:22 PM    06:22 PM    08:22 PM    10:22 PM
General	Interpersonal Relationships	English	12:27 AM    02:27 AM    04:27 AM    06:27 AM    08:27 AM    10:27 AM    12:27 PM    02:27 PM    04:27 PM    06:27 PM    08:27 PM    10:27 PM
General	पारस्परिक संबंध	Hindi	12:31 AM    02:31 AM    04:31 AM    06:31 AM    08:31 AM    10:32 AM    12:32 PM    02:32 PM    04:32 PM    06:32 PM    08:32 PM    10:32 PM



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General	Value and responsible Citizenship	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    08:37 PM    10:37 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:42 AM    02:42 AM    04:42 AM    06:42 AM    08:42 AM    10:42 AM    12:42 PM    02:42 PM    04:42 PM    06:42 PM    08:42 PM    10:42 PM
General	Gender Equality	English	12:47 AM    02:47 AM    04:47 AM    06:47 AM    08:47 AM    10:47 AM    12:47 PM    02:48 PM    04:48 PM    06:48 PM    08:48 PM    10:48 PM
General	जेंडर समानता	Hindi	12:54 AM    02:54 AM    04:54 AM    06:54 AM    08:54 AM    10:55 AM    12:55 PM    02:55 PM    04:55 PM    06:55 PM    08:55 PM    10:55 PM
General	Nutrition_Health and Sanitation	English	01:02 AM    03:02 AM    05:02 AM    07:02 AM    09:02 AM    11:02 AM    01:02 PM    03:02 PM    05:02 PM    07:02 PM    09:02 PM    11:02 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	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    07:09 PM    09:09 PM    11:09 PM
General	Prevention and Management of Substance Misuse	English	01:15 AM    03:15 AM    05:15 AM    07:15 AM    09:15 AM    11:15 AM    01:15 PM    03:15 PM    05:15 PM    07:15 PM    09:15 PM    11:15 PM
General	उपभोक्ता संरक्षण	Hindi	01:20 AM    03:20 AM    05:20 AM    07:20 AM    09:20 AM    11:20 AM    01:20 PM    03:20 PM    05:20 PM    07:20 PM    09:21 PM    11:21 PM
General	Foundational Literacy & Numeracy (FLN)	English	01:25 AM    03:25 AM    05:25 AM    07:25 AM    09:25 AM    11:25 AM    01:25 PM    03:25 PM    05:25 PM    07:25 PM    09:26 PM    11:26 PM
General	हिंदी शब्दकोष	Hindi	01:29 AM    03:29 AM    05:29 AM    07:29 AM    09:29 AM    11:29 AM    01:29 PM    03:29 PM    05:29 PM    07:29 PM    09:29 PM    11:29 PM
General	Introduction to waste segregation & dry and wet bins	English	01:46 AM    03:46 AM    05:46 AM    07:46 AM    09:46 AM    11:46 AM    01:46 PM    03:46 PM    05:46 PM    07:47 PM    09:47 PM    11:47 PM
<b>बृहस्पतिवार, 26 मार्च 2026</b> <b>Thursday, 26 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    02:01 AM    04:03 AM    06:04 AM    08:06 AM    10:07 AM    12:09 PM    02:10 PM    04:12 PM    06:13 PM    08:15 PM    10:16 PM



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Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:01 AM    04:03 AM    06:04 AM    08:06 AM    10:07 AM    12:09 PM    02:10 PM    04:12 PM    06:13 PM    08:15 PM    10:16 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:02 AM    04:04 AM    06:05 AM    08:07 AM    10:08 AM    12:10 PM    02:11 PM    04:13 PM    06:14 PM    08:16 PM    10:17 PM
General	Real life situations- garbage burning and what to do	English	12:04 AM    02:05 AM    04:07 AM    06:08 AM    08:10 AM    10:11 AM    12:13 PM    02:14 PM    04:16 PM    06:17 PM    08:19 PM    10:20 PM
General	Digital Footprints	English	12:28 AM    02:29 AM    04:31 AM    06:32 AM    08:34 AM    10:35 AM    12:37 PM    02:38 PM    04:40 PM    06:41 PM    08:43 PM    10:44 PM
General	पारस्परिक संबंध	Hindi	12:29 AM    02:30 AM    04:32 AM    06:33 AM    08:35 AM    10:36 AM    12:38 PM    02:39 PM    04:41 PM    06:42 PM    08:44 PM    10:45 PM
General	हिंदी शब्दकोष	Hindi	12:34 AM    02:36 AM    04:37 AM    06:39 AM    08:40 AM    10:42 AM    12:43 PM    02:45 PM    04:46 PM    06:48 PM    08:49 PM    10:51 PM
General	Introduction to waste segregation & dry and wet bins	English	12:51 AM    02:53 AM    04:54 AM    06:56 AM    08:57 AM    10:59 AM    01:00 PM    03:02 PM    05:03 PM    07:05 PM    09:06 PM    11:08 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:05 AM    03:07 AM    05:08 AM    07:10 AM    09:11 AM    11:13 AM    01:14 PM    03:16 PM    05:17 PM    07:19 PM    09:20 PM    11:22 PM
General	Nutrition_Health and Sanitation	English	01:11 AM    03:12 AM    05:14 AM    07:15 AM    09:17 AM    11:18 AM    01:20 PM    03:21 PM    05:23 PM    07:24 PM    09:26 PM    11:27 PM
General	इनोवेटिव टीचर	Hindi	01:17 AM    03:19 AM    05:20 AM    07:22 AM    09:23 AM    11:25 AM    01:26 PM    03:28 PM    05:29 PM    07:31 PM    09:32 PM    11:34 PM
General	Real life situations- garbage burning and what to do	English	01:33 AM    03:34 AM    05:36 AM    07:37 AM    09:39 AM    11:40 AM    01:42 PM    03:43 PM    05:45 PM    07:46 PM    09:48 PM    11:49 PM
General	योग ओलंपियाड	Hindi	01:57 AM    03:58 AM    06:00 AM    08:01 AM    10:03 AM    12:04 PM    02:06 PM    04:07 PM    06:09 PM    08:10 PM    10:12 PM



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शुक्रवार, 27 मार्च 2026

Friday, 27 March 2026

Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:01 AM    10:01 AM    12:01 PM    02:02 PM    04:02 PM    06:02 PM    08:03 PM    10:03 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:01 AM    10:01 AM    12:02 PM    02:02 PM    04:02 PM    06:03 PM    08:03 PM    10:03 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:01 AM    06:02 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:03 PM    06:03 PM    08:04 PM    10:04 PM
General	Introduction to plasto, our hero and marine pollution	English	12:04 AM    02:04 AM    04:05 AM    06:05 AM    08:05 AM    10:05 AM    12:06 PM    02:06 PM    04:06 PM    06:07 PM    08:07 PM    10:07 PM
General	Bhujagasana	English	12:11 AM    02:12 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
General	हिंदी शब्दकोष	Hindi	12:14 AM    02:14 AM    04:14 AM    06:15 AM    08:15 AM    10:15 AM    12:16 PM    02:16 PM    04:16 PM    06:16 PM    08:17 PM    10:17 PM
General	इनोवेटिव टीचर	Hindi	12:31 AM    02:31 AM    04:32 AM    06:32 AM    08:32 AM    10:33 AM    12:33 PM    02:33 PM    04:33 PM    06:34 PM    08:34 PM    10:34 PM
General	Introduction to waste segregation & dry and wet bins	English	12:46 AM    02:47 AM    04:47 AM    06:47 AM    08:48 AM    10:48 AM    12:48 PM    02:49 PM    04:49 PM    06:49 PM    08:49 PM    10:50 PM
General	Growing up Healthy	English	01:00 AM    03:00 AM    05:01 AM    07:01 AM    09:01 AM    11:02 AM    01:02 PM    03:02 PM    05:03 PM    07:03 PM    09:03 PM    11:03 PM
General	आजादी की अमृत कहानियाँ ( बसन्ती देवी - जल )	Hindi	01:04 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    11:08 PM
General	Emotional well being and mental health	English	01:07 AM    03:07 AM    05:07 AM    07:08 AM    09:08 AM    11:08 AM    01:08 PM    03:09 PM    05:09 PM    07:09 PM    09:10 PM    11:10 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:12 AM    03:12 AM    05:12 AM    07:12 AM    09:13 AM    11:13 AM    01:13 PM    03:14 PM    05:14 PM    07:14 PM    09:15 PM    11:15 PM



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General	Interpersonal Relationships	English	01:17 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	पारस्परिक संबंध	Hindi	01:21 AM    03:22 AM    05:22 AM    07:22 AM    09:22 AM    11:23 AM    01:23 PM    03:23 PM    05:24 PM    07:24 PM    09:24 PM    11:25 PM
General	Value and responsible Citizenship	English	01:27 AM    03:27 AM    05:27 AM    07:27 AM    09:28 AM    11:28 AM    01:28 PM    03:29 PM    05:29 PM    07:29 PM    09:30 PM    11:30 PM
General Awareness	जरा सोचिए !	Hindi	01:32 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	Real life situations- garbage burning and what to do	English	01:36 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
<b>शनिवार, 28 मार्च 2026</b> <b>Saturday, 28 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    10:00 AM    12:00 PM    02:00 PM    04:00 PM    06:00 PM    08:00 PM    10:00 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	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	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:01 AM    06:01 AM    08:01 AM    10:01 AM    12:01 PM    02:01 PM    04:01 PM    06:01 PM    08:01 PM    10:01 PM
General	Nutrition_Health and Sanitation	English	12:04 AM    02:04 AM    04:04 AM    06:04 AM    08:04 AM    10:04 AM    12:04 PM    02:04 PM    04:04 PM    06:04 PM    08:04 PM    10:04 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:10 AM    02:10 AM    04:10 AM    06:10 AM    08:10 AM    10:10 AM    12:10 PM    02:10 PM    04:10 PM    06:10 PM    08:10 PM    10:10 PM
General	Introduction to waste segregation & dry and wet bins	English	12:17 AM    02:17 AM    04:17 AM    06:17 AM    08:17 AM    10:17 AM    12:17 PM    02:17 PM    04:17 PM    06:17 PM    08:17 PM    10:17 PM
General	Prevention and Management of Substance Misuse	English	12:31 AM    02:31 AM    04:31 AM    06:31 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



General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	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    06:36 PM    08:36 PM    10:36 PM
General	Promotion of Healthy Lifestyle	English	12:42 AM    02:42 AM    04:42 AM    06:42 AM    08:42 AM    10:42 AM    12:42 PM    02:42 PM    04:42 PM    06:42 PM    08:42 PM    10:42 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:48 AM    02:48 AM    04:48 AM    06:48 AM    08:48 AM    10:48 AM    12:48 PM    02:48 PM    04:48 PM    06:48 PM    08:48 PM    10:48 PM
General	Reproductive Health and HIV Prevention	English	12:54 AM    02:54 AM    04:54 AM    06:54 AM    08:54 AM    10:54 AM    12:54 PM    02:54 PM    04:54 PM    06:54 PM    08:54 PM    10:54 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:59 AM    02:59 AM    04:59 AM    06:59 AM    08:59 AM    10:59 AM    12:59 PM    02:59 PM    04:59 PM    07:00 PM    09:00 PM    11:00 PM
General	Safety and Security against Violence and Injuries	English	01:05 AM    03:05 AM    05:05 AM    07:05 AM    09:05 AM    11:05 AM    01:05 PM    03:05 PM    05:05 PM    07:05 PM    09:05 PM    11:05 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:11 AM    03:11 AM    05:11 AM    07:11 AM    09:11 AM    11:11 AM    01:11 PM    03:11 PM    05:11 PM    07:11 PM    09:11 PM    11:11 PM
General	Safe Use of Internet_Gadgets and Media	English	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	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:22 AM    03:22 AM    05:23 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
General	हिंदी शब्दकोष	Hindi	01:29 AM    03:29 AM    05:29 AM    07:29 AM    09:29 AM    11:29 AM    01:29 PM    03:29 PM    05:29 PM    07:29 PM    09:29 PM    11:29 PM
General	Introduction to waste segregation & dry and wet bins	English	01:46 AM    03:46 AM    05:46 AM    07:46 AM    09:46 AM    11:46 AM    01:46 PM    03:46 PM    05:46 PM    07:46 PM    09:46 PM    11:46 PM
रविवार, 29 मार्च 2026 Sunday, 29 March 2026			
Invocation/ National Song	Montage	English	12:00 AM    01:58 AM    03:56 AM    05:55 AM    07:53 AM    09:51 AM    11:50 AM    01:48 PM    03:46 PM    05:45 PM    07:43 PM    09:41 PM    11:40 PM



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



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General	Reproductive Health and HIV Prevention	English	01:00 AM    02:59 AM    04:57 AM    06:55 AM    08:54 AM    10:52 AM    12:50 PM    02:49 PM    04:47 PM    06:45 PM    08:44 PM    10:42 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:06 AM    03:04 AM    05:02 AM    07:01 AM    08:59 AM    10:58 AM    12:56 PM    02:54 PM    04:53 PM    06:51 PM    08:49 PM    10:48 PM
General	Safety and Security against Violence and Injuries	English	01:12 AM    03:10 AM    05:08 AM    07:07 AM    09:05 AM    11:03 AM    01:02 PM    03:00 PM    04:58 PM    06:57 PM    08:55 PM    10:53 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:17 AM    03:16 AM    05:14 AM    07:12 AM    09:11 AM    11:09 AM    01:07 PM    03:06 PM    05:04 PM    07:02 PM    09:01 PM    10:59 PM
General	Safe Use of Internet_Gadgets and Media	English	01:23 AM    03:21 AM    05:20 AM    07:18 AM    09:16 AM    11:15 AM    01:13 PM    03:11 PM    05:10 PM    07:08 PM    09:06 PM    11:05 PM
General	उपभोक्ता संरक्षण	Hindi	01:29 AM    03:27 AM    05:26 AM    07:24 AM    09:22 AM    11:21 AM    01:19 PM    03:17 PM    05:16 PM    07:14 PM    09:12 PM    11:11 PM
General	Real life situations- garbage burning and what to do	English	01:34 AM    03:32 AM    05:31 AM    07:29 AM    09:27 AM    11:26 AM    01:24 PM    03:22 PM    05:21 PM    07:19 PM    09:17 PM    11:16 PM
<b>सोमवार, 30 मार्च 2026</b> <b>Monday, 30 March 2026</b>			
Invocation/ National Song	Montage	English	12:00 AM    01:59 AM    03:58 AM    05:57 AM    07:57 AM    09:56 AM    11:55 AM    01:54 PM    03:54 PM    05:53 PM    07:52 PM    09:51 PM    11:51 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hindi	12:00 AM    01:59 AM    03:58 AM    05:58 AM    07:57 AM    09:56 AM    11:56 AM    01:55 PM    03:54 PM    05:53 PM    07:53 PM    09:52 PM    11:51 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:00 AM    03:59 AM    05:59 AM    07:58 AM    09:57 AM    11:56 AM    01:56 PM    03:55 PM    05:54 PM    07:53 PM    09:53 PM    11:52 PM
General	Introduction to waste segregation & dry and wet bins	English	12:04 AM    02:03 AM    04:02 AM    06:02 AM    08:01 AM    10:00 AM    12:00 PM    01:59 PM    03:58 PM    05:57 PM    07:57 PM    09:56 PM    11:55 PM



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General	Real life situations- garbage burning and what to do	English	12:18 AM    02:17 AM    04:16 AM    06:15 AM    08:15 AM    10:14 AM    12:13 PM    02:12 PM    04:12 PM    06:11 PM    08:10 PM    10:10 PM
General	Promotion of Healthy Lifestyle	English	12:42 AM    02:41 AM    04:40 AM    06:39 AM    08:39 AM    10:38 AM    12:37 PM    02:36 PM    04:36 PM    06:35 PM    08:34 PM    10:34 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:48 AM    02:47 AM    04:46 AM    06:45 AM    08:45 AM    10:44 AM    12:43 PM    02:42 PM    04:42 PM    06:41 PM    08:40 PM    10:39 PM
General	हिंदी शब्दकोष	Hindi	12:54 AM    02:53 AM    04:52 AM    06:51 AM    08:51 AM    10:50 AM    12:49 PM    02:49 PM    04:48 PM    06:47 PM    08:46 PM    10:46 PM
General	Emotional well being and mental health	English	01:11 AM    03:10 AM    05:09 AM    07:09 AM    09:08 AM    11:07 AM    01:07 PM    03:06 PM    05:05 PM    07:04 PM    09:04 PM    11:03 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:16 AM    03:15 AM    05:14 AM    07:14 AM    09:13 AM    11:12 AM    01:11 PM    03:11 PM    05:10 PM    07:09 PM    09:09 PM    11:08 PM
General	पारस्परिक संबंध	Hindi	01:21 AM    03:20 AM    05:19 AM    07:19 AM    09:18 AM    11:17 AM    01:16 PM    03:16 PM    05:15 PM    07:14 PM    09:14 PM    11:13 PM
General	Value and responsible Citizenship	English	01:26 AM    03:25 AM    05:25 AM    07:24 AM    09:23 AM    11:23 AM    01:22 PM    03:21 PM    05:20 PM    07:20 PM    09:19 PM    11:18 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:31 AM    03:30 AM    05:30 AM    07:29 AM    09:28 AM    11:28 AM    01:27 PM    03:26 PM    05:25 PM    07:25 PM    09:24 PM    11:23 PM
General	Gender Equality	English	01:37 AM    03:36 AM    05:35 AM    07:35 AM    09:34 AM    11:33 AM    01:32 PM    03:32 PM    05:31 PM    07:30 PM    09:29 PM    11:29 PM
General	जेंडर समानता	Hindi	01:44 AM    03:43 AM    05:42 AM    07:42 AM    09:41 AM    11:40 AM    01:39 PM    03:39 PM    05:38 PM    07:37 PM    09:37 PM    11:36 PM
General	Nutrition_Health and Sanitation	English	01:51 AM    03:51 AM    05:50 AM    07:49 AM    09:48 AM    11:48 AM    01:47 PM    03:46 PM    05:45 PM    07:45 PM    09:44 PM    11:43 PM
General	Cyberbullying	English	01:58 AM    03:57 AM    05:56 AM    07:55 AM    09:55 AM    11:54 AM    01:53 PM    03:52 PM    05:52 PM    07:51 PM    09:50 PM    11:50 PM



**मंगलवार, 31 मार्च 2026**
**Tuesday, 31 March 2026**

Invocation/ National Song	Montage	English	12:00 AM    02:00 AM    04:00 AM    06:01 AM    08:01 AM    10:01 AM    12:02 PM    02:02 PM    04:02 PM    06:03 PM    08:03 PM    10:03 PM
Invocation/ National Song	Class 5 Channel Detail & Time Table	English/hin di	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:01 AM    10:02 AM    12:02 PM    02:02 PM    04:03 PM    06:03 PM    08:03 PM    10:04 PM
General	पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?	Hindi	12:01 AM    02:01 AM    04:01 AM    06:02 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:04 PM    06:04 PM    08:04 PM    10:05 PM
General	हिंदी शब्दकोष	Hindi	12:04 AM    02:04 AM    04:05 AM    06:05 AM    08:05 AM    10:06 AM    12:06 PM    02:06 PM    04:07 PM    06:07 PM    08:07 PM    10:08 PM
सामान्य	Water Saved	हिंदी	12:21 AM    02:22 AM    04:22 AM    06:22 AM    08:23 AM    10:23 AM    12:23 PM    02:24 PM    04:24 PM    06:24 PM    08:25 PM    10:25 PM
General	Nutrition_Health and Sanitation	English	12:22 AM    02:23 AM    04:23 AM    06:23 AM    08:24 AM    10:24 AM    12:24 PM    02:25 PM    04:25 PM    06:26 PM    08:26 PM    10:26 PM
General	इनोवेटिव टीचर	Hindi	12:29 AM    02:29 AM    04:29 AM    06:30 AM    08:30 AM    10:30 AM    12:31 PM    02:31 PM    04:32 PM    06:32 PM    08:32 PM    10:33 PM
General	Gender Equality	English	12:44 AM    02:45 AM    04:45 AM    06:45 AM    08:46 AM    10:46 AM    12:46 PM    02:47 PM    04:47 PM    06:47 PM    08:48 PM    10:48 PM
General	Introduction to waste segregation & dry and wet bins	English	12:51 AM    02:52 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	Promotion of Healthy Lifestyle	English	01:05 AM    03:05 AM    05:06 AM    07:06 AM    09:06 AM    11:07 AM    01:07 PM    03:07 PM    05:08 PM    07:08 PM    09:08 PM    11:09 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:11 AM    03:11 AM    05:12 AM    07:12 AM    09:12 AM    11:13 AM    01:13 PM    03:13 PM    05:14 PM    07:14 PM    09:14 PM    11:15 PM
General	Gender Equality	English	01:16 AM    03:17 AM    05:17 AM    07:18 AM    09:18 AM    11:18 AM    01:19 PM    03:19 PM    05:19 PM    07:20 PM    09:20 PM    11:20 PM



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General	Real life situations- garbage burning and what to do	English	01:24 AM    03:24 AM    05:24 AM    07:25 AM    09:25 AM    11:25 AM    01:26 PM    03:26 PM    05:26 PM    07:27 PM    09:27 PM    11:27 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:48 AM    03:48 AM    05:48 AM    07:49 AM    09:49 AM    11:49 AM    01:50 PM    03:50 PM    05:50 PM    07:51 PM    09:51 PM    11:51 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:54 AM    03:54 AM    05:54 AM    07:55 AM    09:55 AM    11:55 AM    01:56 PM    03:56 PM    05:57 PM    07:57 PM    09:57 PM    11:58 PM



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