

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

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

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

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

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

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

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

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

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



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

मार्च 2026
March 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
रविवार, 01 मार्च 2026 Sunday, 01 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:07 PM 10:08 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:01 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
General	Online Game Fraud	English	12:01 AM 02:02 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:09 PM
General	इनोवेटिव टीचर	Hindi	12:01 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:08 PM 08:09 PM 10:10 PM
General	Safety & Security	English	12:17 AM 02:18 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	आजादी की अमृत कहानियाँ (तन्वी जगदीश- सागर)	Hindi	12:23 AM 02:23 AM 04:24 AM 06:25 AM 08:26 AM 10:26 AM 12:27 PM 02:28 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
General	Ustrasana	English	12:25 AM 02:26 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:30 PM 02:30 PM 04:31 PM 06:32 PM 08:33 PM 10:33 PM
General	उपभोक्ता संरक्षण	Hindi	12:28 AM 02:29 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:33 PM 02:33 PM 04:34 PM 06:35 PM 08:36 PM 10:36 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:39 PM 06:40 PM 08:41 PM 10:41 PM



General	Catfishing Fraud	English	12:43 AM 02:44 AM 04:45 AM 06:46 AM 08:46 AM 10:47 AM 12:48 PM 02:49 PM 04:49 PM 06:50 PM 08:51 PM 10:52 PM
General	एक प्रयास प्लास्टिक प्रदुषन कम करने का	Hindi	12:44 AM 02:45 AM 04:46 AM 06:47 AM 08:47 AM 10:48 AM 12:49 PM 02:50 PM 04:51 PM 06:51 PM 08:52 PM 10:53 PM
General	हिंदी शब्दकोष	Hindi	12:57 AM 02:58 AM 04:58 AM 06:59 AM 09:00 AM 11:01 AM 01:01 PM 03:02 PM 05:03 PM 07:04 PM 09:05 PM 11:05 PM
General	Gender Equality	English	01:14 AM 03:15 AM 05:16 AM 07:16 AM 09:17 AM 11:18 AM 01:19 PM 03:20 PM 05:20 PM 07:21 PM 09:22 PM 11:23 PM
General	I have a Dream	English	01:21 AM 03:22 AM 05:23 AM 07:24 AM 09:24 AM 11:25 AM 01:26 PM 03:27 PM 05:27 PM 07:28 PM 09:29 PM 11:30 PM
General	Nutrition, Health, and Sanitaion	English	01:28 AM 03:29 AM 05:30 AM 07:30 AM 09:31 AM 11:32 AM 01:33 PM 03:34 PM 05:34 PM 07:35 PM 09:36 PM 11:37 PM
General	वैष्णव जन तो तेने कहिए	Hindi	01:34 AM 03:35 AM 05:36 AM 07:37 AM 09:38 AM 11:38 AM 01:39 PM 03:40 PM 05:41 PM 07:41 PM 09:42 PM 11:43 PM
General	आजादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन)	Hindi	01:41 AM 03:42 AM 05:43 AM 07:44 AM 09:44 AM 11:45 AM 01:46 PM 03:47 PM 05:48 PM 07:48 PM 09:49 PM 11:50 PM
General	Cyberbullying	English	01:44 AM 03:44 AM 05:45 AM 07:46 AM 09:47 AM 11:47 AM 01:48 PM 03:49 PM 05:50 PM 07:51 PM 09:51 PM 11:52 PM
General	Azadi ki Amrit Kahaniya (Aarohi Pandit- Vayu)	English	01:45 AM 03:46 AM 05:46 AM 07:47 AM 09:48 AM 11:49 AM 01:49 PM 03:50 PM 05:51 PM 07:52 PM 09:53 PM 11:53 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:47 AM 03:48 AM 05:49 AM 07:49 AM 09:50 AM 11:51 AM 01:52 PM 03:53 PM 05:53 PM 07:54 PM 09:55 PM 11:56 PM
General	Cyberbullying	English	01:54 AM 03:55 AM 05:56 AM 07:57 AM 09:57 AM 11:58 AM 01:59 PM 04:00 PM 06:01 PM 08:01 PM 10:02 PM
General	Foundational Literacy & Numeracy (FLN)	English	01:55 AM 03:56 AM 05:57 AM 07:58 AM 09:59 AM 11:59 AM 02:00 PM 04:01 PM 06:02 PM 08:02 PM 10:03 PM



General	Catfishing Fraud	English	01:59 AM 04:00 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:07 PM
सोमवार, 02 मार्च 2026 Monday, 02 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:01 AM 04:02 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:08 PM 10:09 PM
English	THE RAVEN AND THE FOX	English	12:01 AM 02:02 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:08 PM 08:09 PM 10:10 PM
General	हिंदी शब्दकोष	Hindi	12:10 AM 02:11 AM 04:11 AM 06:12 AM 08:13 AM 10:14 AM 12:15 PM 02:16 PM 04:17 PM 06:17 PM 08:18 PM 10:19 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:30 AM 10:31 AM 12:32 PM 02:33 PM 04:34 PM 06:35 PM 08:36 PM 10:36 PM
General	Nutrition, Health, and Sanitaion	English	12:41 AM 02:42 AM 04:43 AM 06:44 AM 08:45 AM 10:46 AM 12:46 PM 02:47 PM 04:48 PM 06:49 PM 08:50 PM 10:51 PM
General	बचाव और सुरक्षा	Hindi	12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:51 AM 10:52 AM 12:53 PM 02:54 PM 04:54 PM 06:55 PM 08:56 PM 10:57 PM
General	Azadi ki Amrit Kahaniya (Basanti Devi - Jal)	English	12:53 AM 02:54 AM 04:55 AM 06:56 AM 08:57 AM 10:58 AM 12:58 PM 02:59 PM 05:00 PM 07:01 PM 09:02 PM 11:03 PM
General	Vajrasana	English	12:56 AM 02:57 AM 04:57 AM 06:58 AM 08:59 AM 11:00 AM 01:01 PM 03:02 PM 05:02 PM 07:03 PM 09:04 PM 11:05 PM
General	वज्रासन	Hindi	12:58 AM 02:59 AM 05:00 AM 07:01 AM 09:02 AM 11:03 AM 01:03 PM 03:04 PM 05:05 PM 07:06 PM 09:07 PM 11:08 PM
General	Vakrasana	English	01:01 AM 03:02 AM 05:03 AM 07:03 AM 09:04 AM 11:05 AM 01:06 PM 03:07 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM



General	Catfishing Fraud	English	01:04 AM 03:04 AM 05:05 AM 07:06 AM 09:07 AM 11:08 AM 01:09 PM 03:09 PM 05:10 PM 07:11 PM 09:12 PM 11:13 PM
General	Azadi ki Amrit Kahaniya (Tanvi Jagadish- Sagar)	English	01:05 AM 03:05 AM 05:06 AM 07:07 AM 09:08 AM 11:09 AM 01:10 PM 03:11 PM 05:11 PM 07:12 PM 09:13 PM 11:14 PM
General	इन्वेटिव टीचर	Hindi	01:07 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:11 AM 01:12 PM 03:13 PM 05:14 PM 07:15 PM 09:15 PM 11:16 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	01:22 AM 03:23 AM 05:24 AM 07:25 AM 09:26 AM 11:27 AM 01:27 PM 03:28 PM 05:29 PM 07:30 PM 09:31 PM 11:32 PM
General	Online Game Fraud	English	01:23 AM 03:24 AM 05:25 AM 07:25 AM 09:26 AM 11:27 AM 01:28 PM 03:29 PM 05:30 PM 07:31 PM 09:31 PM 11:32 PM
Mathematics	Lines and Angles	English	01:24 AM 03:24 AM 05:25 AM 07:26 AM 09:27 AM 11:28 AM 01:29 PM 03:30 PM 05:30 PM 07:31 PM 09:32 PM 11:33 PM
General	DIKSHA_S Capabilities Video	English	01:34 AM 03:35 AM 05:36 AM 07:36 AM 09:37 AM 11:38 AM 01:39 PM 03:40 PM 05:41 PM 07:41 PM 09:42 PM 11:43 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:39 AM 03:40 AM 05:40 AM 07:41 AM 09:42 AM 11:43 AM 01:44 PM 03:45 PM 05:46 PM 07:46 PM 09:47 PM 11:48 PM
General	I have a Dream	English	01:39 AM 03:40 AM 05:41 AM 07:42 AM 09:43 AM 11:44 AM 01:44 PM 03:45 PM 05:46 PM 07:47 PM 09:48 PM 11:49 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	01:46 AM 03:47 AM 05:48 AM 07:49 AM 09:50 AM 11:50 AM 01:51 PM 03:52 PM 05:53 PM 07:54 PM 09:55 PM 11:55 PM
मंगलवार, 03 मार्च 2026			
Tuesday, 03 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:12 AM 04:25 AM 06:38 AM 08:51 AM 11:04 AM 01:17 PM 03:30 PM 05:43 PM 07:56 PM 10:09 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:13 AM 04:26 AM 06:39 AM 08:52 AM 11:04 AM 01:17 PM 03:30 PM 05:43 PM 07:56 PM 10:09 PM



General	स्वस्थ बढ़ना	Hindi	12:01 AM 02:14 AM 04:27 AM 06:39 AM 08:52 AM 11:05 AM 01:18 PM 03:31 PM 05:44 PM 07:57 PM 10:10 PM
General	निपुण भारत	Hindi	12:05 AM 02:18 AM 04:31 AM 06:44 AM 08:57 AM 11:10 AM 01:22 PM 03:35 PM 05:48 PM 08:01 PM 10:14 PM
General	Foundational Literacy & Numeracy (FLN)	English	12:07 AM 02:20 AM 04:33 AM 06:45 AM 08:58 AM 11:11 AM 01:24 PM 03:37 PM 05:50 PM 08:03 PM 10:16 PM
General	Energy Saving	English	12:11 AM 02:23 AM 04:36 AM 06:49 AM 09:02 AM 11:15 AM 01:28 PM 03:41 PM 05:54 PM 08:07 PM 10:20 PM
General	Jadui Pitara-Theme Song	Hindi	12:12 AM 02:25 AM 04:38 AM 06:51 AM 09:04 AM 11:17 AM 01:30 PM 03:42 PM 05:55 PM 08:08 PM 10:21 PM
General	Emotional Well-being and Mental Health	English	12:27 AM 02:40 AM 04:53 AM 07:06 AM 09:19 AM 11:32 AM 01:45 PM 03:58 PM 06:11 PM 08:24 PM 10:36 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:32 AM 02:45 AM 04:58 AM 07:11 AM 09:24 AM 11:37 AM 01:50 PM 04:03 PM 06:16 PM 08:29 PM 10:41 PM
General	Waste Reduced	English	12:43 AM 02:56 AM 05:09 AM 07:22 AM 09:34 AM 11:47 AM 02:00 PM 04:13 PM 06:26 PM 08:39 PM 10:52 PM
General	Introduction to MISSION LIFE	English	12:44 AM 02:57 AM 05:10 AM 07:23 AM 09:36 AM 11:49 AM 02:02 PM 04:15 PM 06:27 PM 08:40 PM 10:53 PM
General	zoological-Survey-of-india	English	12:47 AM 03:00 AM 05:12 AM 07:25 AM 09:38 AM 11:51 AM 02:04 PM 04:17 PM 06:30 PM 08:43 PM 10:56 PM
Hindi	पेड़ की बात	हिन्दी	12:49 AM 03:02 AM 05:15 AM 07:28 AM 09:41 AM 11:54 AM 02:06 PM 04:19 PM 06:32 PM 08:45 PM 10:58 PM
Vocational Videos	Preparing ORS at Home	English	12:59 AM 03:12 AM 05:25 AM 07:38 AM 09:51 AM 12:03 PM 02:16 PM 04:29 PM 06:42 PM 08:55 PM 11:08 PM
General	Chandrayaan Promo	Hindi	01:05 AM 03:18 AM 05:31 AM 07:43 AM 09:56 AM 12:09 PM 02:22 PM 04:35 PM 06:48 PM 09:01 PM 11:14 PM



General	Main Bharat Hoon- Hum Bharat Ke Matdata Hain	Hindi	01:09 AM 03:22 AM 05:35 AM 07:47 AM 10:00 AM 12:13 PM 02:26 PM 04:39 PM 06:52 PM 09:05 PM 11:18 PM
General	इनोवेटिव टीचर	Hindi	01:14 AM 03:27 AM 05:40 AM 07:53 AM 10:05 AM 12:18 PM 02:31 PM 04:44 PM 06:57 PM 09:10 PM 11:23 PM
General	बचाव और सुरक्षा	Hindi	01:29 AM 03:42 AM 05:55 AM 08:08 AM 10:21 AM 12:34 PM 02:47 PM 05:00 PM 07:13 PM 09:25 PM 11:38 PM
General	Values and Types of Wetlands Part -2	English	01:35 AM 03:48 AM 06:01 AM 08:14 AM 10:27 AM 12:40 PM 02:52 PM 05:05 PM 07:18 PM 09:31 PM 11:44 PM
General	हिंदी शब्दकोष	Hindi	01:43 AM 03:56 AM 06:09 AM 08:22 AM 10:35 AM 12:48 PM 03:00 PM 05:13 PM 07:26 PM 09:39 PM 11:52 PM
General	Nutrition, Health, and Sanitaion	English	02:00 AM 04:13 AM 06:26 AM 08:39 AM 10:52 AM 01:05 PM 03:18 PM 05:31 PM 07:44 PM 09:56 PM
General	बचाव और सुरक्षा	Hindi	02:07 AM 04:20 AM 06:33 AM 08:45 AM 10:58 AM 01:11 PM 03:24 PM 05:37 PM 07:50 PM 10:03 PM
बुधवार, 04 मार्च 2026			
Wednesday, 04 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:02 PM 10:02 PM
General	उपभोक्ता संरक्षण	Hindi	12:01 AM 02:01 AM 04:01 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:02 PM 06:02 PM 08:02 PM 10:03 PM
General	इनोवेटिव टीचर	Hindi	12:06 AM 02:06 AM 04:06 AM 06:06 AM 08:06 AM 10:07 AM 12:07 PM 02:07 PM 04:07 PM 06:07 PM 08:07 PM 10:08 PM
General	ISL APP LAUNCH VIDEO	English/hindi	12:21 AM 02:21 AM 04:22 AM 06:22 AM 08:22 AM 10:22 AM 12:22 PM 02:22 PM 04:23 PM 06:23 PM 08:23 PM 10:23 PM



General	Growing up Healthy	English	12:24 AM 02:24 AM 04:24 AM 06:24 AM 08:25 AM 10:25 AM 12:25 PM 02:25 PM 04:25 PM 06:25 PM 08:26 PM 10:26 PM
General	AR VR Vimochan	English	12:28 AM 02:28 AM 04:28 AM 06:29 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:30 PM
General	Values and Types of Wetlands Part -2	English	12:29 AM 02:29 AM 04:29 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	Jadui Pitara-Theme Song	Hindi	12:37 AM 02:37 AM 04:38 AM 06:38 AM 08:38 AM 10:38 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:39 PM 10:39 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	12:53 AM 02:53 AM 04:53 AM 06:53 AM 08:53 AM 10:53 AM 12:54 PM 02:54 PM 04:54 PM 06:54 PM 08:54 PM 10:54 PM
General	एक प्रयास प्लास्टिक प्रदुषन कम करने का	Hindi	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:01 AM 11:01 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	01:13 AM 03:13 AM 05:13 AM 07:14 AM 09:14 AM 11:14 AM 01:14 PM 03:14 PM 05:14 PM 07:15 PM 09:15 PM 11:15 PM
General	Cyberbullying	English	01:20 AM 03:20 AM 05:20 AM 07:20 AM 09:20 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:21 PM 09:21 PM 11:22 PM
Mathematics	PATTERNS IN MATHEMATICS	English	01:21 AM 03:21 AM 05:21 AM 07:21 AM 09:22 AM 11:22 AM 01:22 PM 03:22 PM 05:22 PM 07:22 PM 09:23 PM 11:23 PM
General	Bharat on the Moon	English	01:30 AM 03:30 AM 05:31 AM 07:31 AM 09:31 AM 11:31 AM 01:31 PM 03:31 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
General	Interpersonal Relationships	English	01:33 AM 03:33 AM 05:33 AM 07:33 AM 09:34 AM 11:34 AM 01:34 PM 03:34 PM 05:34 PM 07:34 PM 09:35 PM 11:35 PM
General	पारस्परिक संबंध	Hindi	01:37 AM 03:38 AM 05:38 AM 07:38 AM 09:38 AM 11:38 AM 01:38 PM 03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:39 PM
General	Chandrayaan Promo	Hindi	01:43 AM 03:43 AM 05:43 AM 07:43 AM 09:43 AM 11:44 AM 01:44 PM 03:44 PM 05:44 PM 07:44 PM 09:44 PM 11:45 PM



General	Diksha Promo with Subtitle	English	01:47 AM 03:47 AM 05:47 AM 07:47 AM 09:48 AM 11:48 AM 01:48 PM 03:48 PM 05:48 PM 07:48 PM 09:49 PM 11:49 PM
General	DIKSHA_S Capabilities Video (With G20)	English	01:50 AM 03:50 AM 05:50 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:52 PM 09:52 PM 11:52 PM
General	Chandrayaan Promo	Hindi	01:56 AM 03:56 AM 05:56 AM 07:56 AM 09:56 AM 11:56 AM 01:57 PM 03:57 PM 05:57 PM 07:57 PM 09:57 PM 11:57 PM
बृहस्पतिवार, 05 मार्च 2026 Thursday, 05 March 2026			
General	Montage of the channel	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 07:55 PM 09:54 PM 11:54 PM
General	General Information & 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 01:57 PM 03:56 PM 05:56 PM 07:55 PM 09:55 PM 11:54 PM
General	ध्यान	Hindi	12:01 AM 02:00 AM 04:00 AM 05:59 AM 07:59 AM 09:58 AM 11:58 AM 01:57 PM 03:57 PM 05:56 PM 07:56 PM 09:55 PM 11:55 PM
General	Nutrition_Health and Sanitation	English	12:05 AM 02:04 AM 04:04 AM 06:03 AM 08:03 AM 10:02 AM 12:02 PM 02:01 PM 04:01 PM 06:00 PM 08:00 PM 09:59 PM 11:59 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:11 AM 02:11 AM 04:10 AM 06:10 AM 08:09 AM 10:09 AM 12:08 PM 02:08 PM 04:07 PM 06:07 PM 08:06 PM 10:06 PM
General	DIKSHA_S Capabilities Video	English	12:18 AM 02:18 AM 04:17 AM 06:17 AM 08:16 AM 10:16 AM 12:15 PM 02:15 PM 04:14 PM 06:14 PM 08:14 PM 10:13 PM
General	Introduction to waste segregation & dry and wet bins	English	12:23 AM 02:23 AM 04:22 AM 06:22 AM 08:21 AM 10:21 AM 12:20 PM 02:20 PM 04:19 PM 06:19 PM 08:18 PM 10:18 PM
General	हिंदी शब्दकोष	Hindi	12:37 AM 02:36 AM 04:36 AM 06:35 AM 08:35 AM 10:35 AM 12:34 PM 02:34 PM 04:33 PM 06:33 PM 08:32 PM 10:32 PM



General	Catfishing Fraud	English	12:54 AM 02:54 AM 04:53 AM 06:53 AM 08:52 AM 10:52 AM 12:51 PM 02:51 PM 04:50 PM 06:50 PM 08:49 PM 10:49 PM
Vocational Videos	IDENTIFICATION OF TREES	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 08:50 PM 10:50 PM
English	Neem Baba	English	01:06 AM 03:05 AM 05:05 AM 07:04 AM 09:04 AM 11:03 AM 01:03 PM 03:02 PM 05:02 PM 07:01 PM 09:01 PM 11:00 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:18 AM 03:18 AM 05:17 AM 07:17 AM 09:16 AM 11:16 AM 01:15 PM 03:15 PM 05:14 PM 07:14 PM 09:13 PM 11:13 PM
General	Jadui Pitara-Theme Song	Hindi	01:38 AM 03:38 AM 05:37 AM 07:37 AM 09:36 AM 11:36 AM 01:36 PM 03:35 PM 05:35 PM 07:34 PM 09:34 PM 11:33 PM
General	Prevention and Management of Substance Misuse	English	01:54 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
शुक्रवार, 06 मार्च 2026 Friday, 06 March 2026			
General	Montage of the channel	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 03:55 PM 05:54 PM 07:53 PM 09:53 PM 11:52 PM
General	General Information & 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 01:56 PM 03:55 PM 05:54 PM 07:54 PM 09:53 PM 11:53 PM
General	Promotion of Healthy Lifestyle	English	12:01 AM 02:00 AM 04:00 AM 05:59 AM 07:58 AM 09:58 AM 11:57 AM 01:56 PM 03:56 PM 05:55 PM 07:55 PM 09:54 PM 11:53 PM
Mathematics	Lines and Angles	English	12:07 AM 02:06 AM 04:05 AM 06:05 AM 08:04 AM 10:04 AM 12:03 PM 02:02 PM 04:02 PM 06:01 PM 08:01 PM 10:00 PM 11:59 PM
General	Reproductive Health and HIV Prevention	English	12:17 AM 02:16 AM 04:16 AM 06:15 AM 08:14 AM 10:14 AM 12:13 PM 02:13 PM 04:12 PM 06:11 PM 08:11 PM 10:10 PM



General	DIKSHA_S Capabilities Video	English	12:22 AM 02:22 AM 04:21 AM 06:21 AM 08:20 AM 10:19 AM 12:19 PM 02:18 PM 04:18 PM 06:17 PM 08:16 PM 10:16 PM
General	e-Pathshala App Launch	Hindi	12:27 AM 02:27 AM 04:26 AM 06:26 AM 08:25 AM 10:24 AM 12:24 PM 02:23 PM 04:22 PM 06:22 PM 08:21 PM 10:21 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:28 AM 02:28 AM 04:27 AM 06:26 AM 08:26 AM 10:25 AM 12:25 PM 02:24 PM 04:23 PM 06:23 PM 08:22 PM 10:22 PM
Hindi	पेड़ की बात	हिन्दी	12:34 AM 02:33 AM 04:33 AM 06:32 AM 08:32 AM 10:31 AM 12:30 PM 02:30 PM 04:29 PM 06:29 PM 08:28 PM 10:27 PM
General	Safety & Security	English	12:44 AM 02:43 AM 04:43 AM 06:42 AM 08:42 AM 10:41 AM 12:40 PM 02:40 PM 04:39 PM 06:38 PM 08:38 PM 10:37 PM
General	Bharat on the Moon	English	12:50 AM 02:49 AM 04:48 AM 06:48 AM 08:47 AM 10:47 AM 12:46 PM 02:45 PM 04:45 PM 06:44 PM 08:43 PM 10:43 PM
General	Pm Evidya 200 dth ch Promo Video 2023	English	12:52 AM 02:52 AM 04:51 AM 06:50 AM 08:50 AM 10:49 AM 12:49 PM 02:48 PM 04:47 PM 06:47 PM 08:46 PM 10:45 PM
General	आजादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन)	Hindi	12:57 AM 02:56 AM 04:56 AM 06:55 AM 08:54 AM 10:54 AM 12:53 PM 02:53 PM 04:52 PM 06:51 PM 08:51 PM 10:50 PM
General	Jadui Pitara-Theme Song	Hindi	12:59 AM 02:59 AM 04:58 AM 06:57 AM 08:57 AM 10:56 AM 12:56 PM 02:55 PM 04:54 PM 06:54 PM 08:53 PM 10:52 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:15 AM 03:14 AM 05:13 AM 07:13 AM 09:12 AM 11:11 AM 01:11 PM 03:10 PM 05:10 PM 07:09 PM 09:08 PM 11:08 PM
General	एक प्रयास प्लास्टिक प्रदुषन कम करने का	Hindi	01:20 AM 03:20 AM 05:19 AM 07:18 AM 09:18 AM 11:17 AM 01:17 PM 03:16 PM 05:15 PM 07:15 PM 09:14 PM 11:13 PM
General	Introduction to waste segregation & dry and wet bins	English	01:33 AM 03:32 AM 05:32 AM 07:31 AM 09:30 AM 11:30 AM 01:29 PM 03:28 PM 05:28 PM 07:27 PM 09:27 PM 11:26 PM
General	जेंडर समानता	Hindi	01:46 AM 03:46 AM 05:45 AM 07:45 AM 09:44 AM 11:43 AM 01:43 PM 03:42 PM 05:41 PM 07:41 PM 09:40 PM 11:40 PM



General	Final Hindi Pm Evidya 200 ch Promo	Hindi	01:54 AM 03:53 AM 05:53 AM 07:52 AM 09:51 AM 11:51 AM 01:50 PM 03:49 PM 05:49 PM 07:48 PM 09:48 PM 11:47 PM
शनिवार, 07 मार्च 2026 Saturday, 07 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General	General Information & 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 06:00 PM 08:00 PM 10:00 PM
General	Safe use of internet	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 04:01 PM 06:01 PM 08:01 PM 10:01 PM
General	निपुण भारत	Hindi	12:07 AM 02:07 AM 04:07 AM 06:07 AM 08:07 AM 10:07 AM 12:07 PM 02:07 PM 04:07 PM 06:07 PM 08:07 PM 10:07 PM
General	Pawanmuktasana	English	12:08 AM 02:08 AM 04:09 AM 06:09 AM 08:09 AM 10:09 AM 12:09 PM 02:09 PM 04:09 PM 06:09 PM 08:09 PM 10:09 PM
General	Ransomware Attack	English	12:11 AM 02:12 AM 04:12 AM 06:12 AM 08:12 AM 10:12 AM 12:12 PM 02:12 PM 04:12 PM 06:12 PM 08:12 PM 10:12 PM
General Awareness	बात पते की	Hindi	12:12 AM 02:13 AM 04:13 AM 06:13 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	एक प्रयास प्लास्टिक प्रदूषण कम करने का	Hindi	12:27 AM 02:27 AM 04:27 AM 06:27 AM 08:27 AM 10:27 AM 12:27 PM 02:28 PM 04:28 PM 06:28 PM 08:28 PM 10:28 PM
General	Values and Types of Wetlands Part -2	English	12:40 AM 02:40 AM 04:40 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
Vocational Videos	प्लंबिंग टूल	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	Jaadui Pitara	Hindi	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 07:03 PM 09:03 PM 11:03 PM



General English	Episode 1 Greeting a Friend	English	01:03 AM 03:03 AM 05:03 AM 07:03 AM 09:03 AM 11:03 AM 01:03 PM 03:03 PM 05:03 PM 07:03 PM 09:03 PM 11:03 PM
General English	Episode 8 Making Requests 2	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 07:11 PM 09:11 PM 11:12 PM
General	इनोवेटिव टीचर	Hindi	01:19 AM 03:19 AM 05:19 AM 07:19 AM 09:19 AM 11:19 AM 01:19 PM 03:19 PM 05:19 PM 07:19 PM 09:19 PM 11:19 PM
General	हिंदी शब्दकोष	Hindi	01:34 AM 03:34 AM 05:34 AM 07:34 AM 09:34 AM 11:34 AM 01:35 PM 03:35 PM 05:35 PM 07:35 PM 09:35 PM 11:35 PM
General	Values and Types of Wetlands Part -2	English	01:52 AM 03:52 AM 05:52 AM 07:52 AM 09:52 AM 11:52 AM 01:52 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:52 PM
रविवार, 08 मार्च 2026 Sunday, 08 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:06 PM 10:06 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:01 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:07 PM
General	एक प्रयास प्लास्टिक प्रदुषन कम करने का	Hindi	12:01 AM 02:01 AM 04:02 AM 06:03 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:06 PM 06:06 PM 08:07 PM 10:08 PM
General	Introduction to plasto, our hero and marine pollution	English	12:13 AM 02:14 AM 04:14 AM 06:15 AM 08:16 AM 10:16 AM 12:17 PM 02:18 PM 04:18 PM 06:19 PM 08:19 PM 10:20 PM
General	इनोवेटिव टीचर	Hindi	12:21 AM 02:21 AM 04:22 AM 06:22 AM 08:23 AM 10:24 AM 12:24 PM 02:25 PM 04:26 PM 06:26 PM 08:27 PM 10:27 PM
General	हिंदी शब्दकोष	Hindi	12:36 AM 02:37 AM 04:37 AM 06:38 AM 08:39 AM 10:39 AM 12:40 PM 02:40 PM 04:41 PM 06:42 PM 08:42 PM 10:43 PM
General	Introduction to plasto, our hero and marine pollution	English	12:53 AM 02:54 AM 04:55 AM 06:55 AM 08:56 AM 10:56 AM 12:57 PM 02:58 PM 04:58 PM 06:59 PM 09:00 PM 11:00 PM



General	Azadi ki Amrit Kahaniya (Anshu Jamsenpa-Parvat)	English	01:01 AM 03:01 AM 05:02 AM 07:03 AM 09:03 AM 11:04 AM 01:04 PM 03:05 PM 05:06 PM 07:06 PM 09:07 PM 11:07 PM
General	Introduction to waste segregation & dry and wet bins	English	01:03 AM 03:04 AM 05:04 AM 07:05 AM 09:05 AM 11:06 AM 01:07 PM 03:07 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM
General	Jadui Pitara-Theme Song	Hindi	01:17 AM 03:17 AM 05:18 AM 07:19 AM 09:19 AM 11:20 AM 01:20 PM 03:21 PM 05:22 PM 07:22 PM 09:23 PM 11:23 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:32 AM 03:33 AM 05:33 AM 07:34 AM 09:34 AM 11:35 AM 01:36 PM 03:36 PM 05:37 PM 07:38 PM 09:38 PM 11:39 PM
General	आज़ादी की कहानी	Hindi	01:40 AM 03:41 AM 05:41 AM 07:42 AM 09:43 AM 11:43 AM 01:44 PM 03:44 PM 05:45 PM 07:46 PM 09:46 PM 11:47 PM
General	उपभोक्ता संरक्षण	Hindi	01:49 AM 03:49 AM 05:50 AM 07:50 AM 09:51 AM 11:52 AM 01:52 PM 03:53 PM 05:54 PM 07:54 PM 09:55 PM 11:55 PM
General	Ardha Chakrasana	English	01:54 AM 03:54 AM 05:55 AM 07:55 AM 09:56 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:59 PM 10:00 PM
General	अर्ध चक्रासन	Hindi	01:56 AM 03:56 AM 05:57 AM 07:57 AM 09:58 AM 11:59 AM 01:59 PM 04:00 PM 06:00 PM 08:01 PM 10:02 PM
General	NDEAR - VSK - LAUNCH VIDEO	English	01:57 AM 03:58 AM 05:59 AM 07:59 AM 10:00 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:03 PM 10:04 PM
General	Nishtha 3	English	01:59 AM 03:59 AM 06:00 AM 08:01 AM 10:01 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
सोमवार, 09 मार्च 2026			
Monday, 09 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM



General	इनोवेटिव टीचर	Hindi	12:01 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:06 AM 12:07 PM 02:08 PM 04:09 PM 06:10 PM 08:11 PM 10:12 PM
General	हिंदी शब्दकोष	Hindi	12:16 AM 02:17 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:23 PM 02:24 PM 04:25 PM 06:26 PM 08:27 PM 10:28 PM
English	THE RAVEN AND THE FOX	English	12:33 AM 02:35 AM 04:36 AM 06:37 AM 08:38 AM 10:39 AM 12:40 PM 02:41 PM 04:42 PM 06:43 PM 08:44 PM 10:45 PM
General	आज़ादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन)	Hindi	12:43 AM 02:44 AM 04:45 AM 06:46 AM 08:47 AM 10:48 AM 12:49 PM 02:50 PM 04:51 PM 06:52 PM 08:53 PM 10:54 PM
General	जेंडर समानता	Hindi	12:45 AM 02:46 AM 04:47 AM 06:48 AM 08:49 AM 10:50 AM 12:51 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:56 PM
General	Pm Evidya 200 dth ch Promo Video 2023	English	12:52 AM 02:53 AM 04:54 AM 06:55 AM 08:56 AM 10:57 AM 12:58 PM 03:00 PM 05:01 PM 07:02 PM 09:03 PM 11:04 PM
General Awareness	Air Pollution	English	12:57 AM 02:58 AM 04:59 AM 07:00 AM 09:01 AM 11:02 AM 01:03 PM 03:04 PM 05:05 PM 07:06 PM 09:07 PM 11:08 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:22 AM 03:23 AM 05:24 AM 07:25 AM 09:26 AM 11:27 AM 01:28 PM 03:29 PM 05:30 PM 07:31 PM 09:32 PM 11:33 PM
General	आज़ादी की अमृत कहानियाँ (हर्षिणी कान्हेकर - अग्नि)	Hindi	01:28 AM 03:29 AM 05:30 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:35 PM 05:36 PM 07:37 PM 09:38 PM 11:40 PM
General	भुजंगासन	Hindi	01:30 AM 03:31 AM 05:32 AM 07:33 AM 09:35 AM 11:36 AM 01:37 PM 03:38 PM 05:39 PM 07:40 PM 09:41 PM 11:42 PM
General	Dhyana	English	01:33 AM 03:34 AM 05:35 AM 07:36 AM 09:37 AM 11:38 AM 01:39 PM 03:40 PM 05:41 PM 07:42 PM 09:43 PM 11:44 PM
General	Pawanmuktasana	English	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 07:46 PM 09:47 PM 11:48 PM
Mathematics	Lines and Angles	English	01:40 AM 03:41 AM 05:42 AM 07:43 AM 09:44 AM 11:45 AM 01:46 PM 03:47 PM 05:48 PM 07:49 PM 09:50 PM 11:51 PM



Vocational Videos	IDENTIFICATION OF TREES	English	01:50 AM 03:51 AM 05:52 AM 07:53 AM 09:54 AM 11:55 AM 01:56 PM 03:58 PM 05:59 PM 08:00 PM 10:01 PM
मंगलवार, 10 मार्च 2026 Tuesday, 10 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:02 PM 10:03 PM
General	एक प्रयास प्लास्टिक प्रदूषण कम करने का	Hindi	12:01 AM 02:01 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:03 PM 10:03 PM
General	योग ओलंपियाड	Hindi	12:13 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:16 PM 08:16 PM 10:16 PM
General	पारस्परिक संबंध	Hindi	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:20 PM 06:20 PM 08:20 PM 10:20 PM
General	Safe use of internet	English	12:23 AM 02:23 AM 04:24 AM 06:24 AM 08:24 AM 10:24 AM 12:25 PM 02:25 PM 04:25 PM 06:25 PM 08:26 PM 10:26 PM
Hindi	पेड़ की बात	हिन्दी	12:29 AM 02:29 AM 04:30 AM 06:30 AM 08:30 AM 10:30 AM 12:31 PM 02:31 PM 04:31 PM 06:31 PM 08:32 PM 10:32 PM
General	जेंडर समानता	Hindi	12:39 AM 02:39 AM 04:39 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:42 PM
General	Growing up Healthy	English	12:46 AM 02:47 AM 04:47 AM 06:47 AM 08:47 AM 10:48 AM 12:48 PM 02:48 PM 04:48 PM 06:49 PM 08:49 PM 10:49 PM
General	Nutrition_Health and Sanitation	English	12:50 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:52 AM 12:52 PM 02:52 PM 04:52 PM 06:53 PM 08:53 PM 10:53 PM
General	आज़ादी की अमृत कहानियाँ (हर्षिनी कान्हेकर - अग्नि)	Hindi	12:57 AM 02:57 AM 04:57 AM 06:58 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	एक प्रयास प्लास्टिक प्रदूषण कम करने का	Hindi	12:59 AM 02:59 AM 05:00 AM 07:00 AM 09:00 AM 11:00 AM 01:01 PM 03:01 PM 05:01 PM 07:01 PM 09:02 PM 11:02 PM
General	Introduction to waste segregation & dry and wet bins	English	01:12 AM 03:12 AM 05:12 AM 07:12 AM 09:13 AM 11:13 AM 01:13 PM 03:13 PM 05:14 PM 07:14 PM 09:14 PM 11:14 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:25 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:27 AM 01:27 PM 03:27 PM 05:27 PM 07:28 PM 09:28 PM 11:28 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:32 AM 03:32 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 09:35 PM 11:35 PM
General	Prevention and Management of Substance Misuse	English	01:42 AM 03:43 AM 05:43 AM 07:43 AM 09:43 AM 11:44 AM 01:44 PM 03:44 PM 05:44 PM 07:45 PM 09:45 PM 11:45 PM
General	Promotion of Healthy Lifestyle	English	01:48 AM 03:48 AM 05:48 AM 07:48 AM 09:49 AM 11:49 AM 01:49 PM 03:49 PM 05:50 PM 07:50 PM 09:50 PM 11:50 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:54 AM 03:54 AM 05:54 AM 07:54 AM 09:55 AM 11:55 AM 01:55 PM 03:55 PM 05:56 PM 07:56 PM 09:56 PM 11:56 PM
बुधवार, 11 मार्च 2026			
Wednesday, 11 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General	General Information & 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 06:00 PM 08:00 PM 10:00 PM
General	Emotional well being and mental health	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 04:01 PM 06:01 PM 08:01 PM 10:01 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:06 AM 02:06 AM 04:06 AM 06:06 AM 08:06 AM 10:06 AM 12:06 PM 02:06 PM 04:06 PM 06:06 PM 08:06 PM 10:06 PM
Mathematics	PATTERNS IN MATHEMATICS	English	12:16 AM 02:16 AM 04:16 AM 06:16 AM 08:16 AM 10:16 AM 12:16 PM 02:16 PM 04:16 PM 06:16 PM 08:16 PM 10:16 PM



General	Ransomware Attack	English	12:25 AM 02:25 AM 04:25 AM 06:25 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	इनोवेटिव टीचर	Hindi	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM
General	हिंदी शब्दकोष	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	Safety and Security against Violence and Injuries	English	12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
General	Growth & Health	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	एक प्रयास प्लास्टिक प्रदूषण कम करने का	Hindi	01:09 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:09 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:09 PM
General	Final Hindi Pm Evidya 200 ch Promo	Hindi	01:21 AM 03:21 AM 05:21 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:21 PM 09:21 PM 11:21 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	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	निपुण भारत	Hindi	01:32 AM 03:32 AM 05:32 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:34 AM 03:34 AM 05:34 AM 07:34 AM 09:34 AM 11:34 AM 01:34 PM 03:34 PM 05:34 PM 07:34 PM 09:34 PM 11:34 PM
General	Multi- Main Bharat Hoon	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



बृहस्पतिवार, 12 मार्च 2026
Thursday, 12 March 2026

General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:01 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM
General Awareness	क्षेत्रफल	Hindi	12:01 AM 02:01 AM 04:02 AM 06:03 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:06 PM 06:07 PM 08:08 PM 10:08 PM
General	Introduction to plasto, our hero and marine pollution	English	12:26 AM 02:27 AM 04:27 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 10:34 PM
General	Safe use of internet	English	12:33 AM 02:34 AM 04:35 AM 06:35 AM 08:36 AM 10:37 AM 12:38 PM 02:38 PM 04:39 PM 06:40 PM 08:40 PM 10:41 PM
English	Neem Baba	English	12:39 AM 02:40 AM 04:41 AM 06:41 AM 08:42 AM 10:43 AM 12:44 PM 02:44 PM 04:45 PM 06:46 PM 08:46 PM 10:47 PM
General	Introduction to waste segregation & dry and wet bins	English	12:52 AM 02:53 AM 04:53 AM 06:54 AM 08:55 AM 10:55 AM 12:56 PM 02:57 PM 04:57 PM 06:58 PM 08:59 PM 10:59 PM
General	हिंदी शब्दकोष	Hindi	01:06 AM 03:06 AM 05:07 AM 07:08 AM 09:08 AM 11:09 AM 01:10 PM 03:10 PM 05:11 PM 07:12 PM 09:12 PM 11:13 PM
General	स्वस्थ बढ़ना	Hindi	01:23 AM 03:24 AM 05:24 AM 07:25 AM 09:26 AM 11:26 AM 01:27 PM 03:28 PM 05:28 PM 07:29 PM 09:30 PM 11:30 PM
General	Final Hindi Pm Evidya 200 ch Promo	Hindi	01:27 AM 03:28 AM 05:29 AM 07:29 AM 09:30 AM 11:31 AM 01:31 PM 03:32 PM 05:33 PM 07:33 PM 09:34 PM 11:35 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:32 AM 03:33 AM 05:34 AM 07:34 AM 09:35 AM 11:36 AM 01:36 PM 03:37 PM 05:38 PM 07:38 PM 09:39 PM 11:40 PM
General	DIKSHA_S Capabilities Video (With G20)	English	01:52 AM 03:53 AM 05:54 AM 07:54 AM 09:55 AM 11:56 AM 01:57 PM 03:57 PM 05:58 PM 07:59 PM 09:59 PM



DD Free Dish Channel #28



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2027

General	Bhadrasana	English	01:58 AM 03:59 AM 05:59 AM 08:00 AM 10:01 AM 12:01 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:05 PM
शुक्रवार, 13 मार्च 2026 Friday, 13 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:14 AM 04:29 AM 06:44 AM 08:59 AM 11:14 AM 01:29 PM 03:44 PM 05:59 PM 08:14 PM 10:29 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:15 AM 04:30 AM 06:45 AM 09:00 AM 11:15 AM 01:30 PM 03:45 PM 06:00 PM 08:14 PM 10:29 PM
General	I will bring glory to my Nation	English	12:01 AM 02:16 AM 04:31 AM 06:46 AM 09:01 AM 11:15 AM 01:30 PM 03:45 PM 06:00 PM 08:15 PM 10:30 PM
Hindi	पेड़ की बात	हिन्दी	12:06 AM 02:21 AM 04:36 AM 06:51 AM 09:06 AM 11:21 AM 01:36 PM 03:51 PM 06:06 PM 08:21 PM 10:36 PM
General	आज़ादी की अमृत कहानियाँ (तन्वी जगदीश- सागर)	Hindi	12:16 AM 02:31 AM 04:46 AM 07:01 AM 09:16 AM 11:31 AM 01:46 PM 04:01 PM 06:16 PM 08:30 PM 10:45 PM
General	जेंडर समानता	Hindi	12:18 AM 02:33 AM 04:48 AM 07:03 AM 09:18 AM 11:33 AM 01:48 PM 04:03 PM 06:18 PM 08:33 PM 10:48 PM
General	पोषण, स्वास्थ्य, और स्वच्छता	Hindi	12:26 AM 02:41 AM 04:55 AM 07:10 AM 09:25 AM 11:40 AM 01:55 PM 04:10 PM 06:25 PM 08:40 PM 10:55 PM
General	Bhujagrasana	English	12:32 AM 02:47 AM 05:02 AM 07:17 AM 09:32 AM 11:47 AM 02:02 PM 04:17 PM 06:32 PM 08:47 PM 11:02 PM
General	Women Change the World	English	12:35 AM 02:50 AM 05:05 AM 07:20 AM 09:35 AM 11:49 AM 02:04 PM 04:19 PM 06:34 PM 08:49 PM 11:04 PM
General	हिंदी शब्दकोष	Hindi	12:40 AM 02:55 AM 05:10 AM 07:25 AM 09:40 AM 11:55 AM 02:10 PM 04:25 PM 06:40 PM 08:55 PM 11:10 PM
Mathemati cs	Lines and Angles	English	12:58 AM 03:13 AM 05:28 AM 07:43 AM 09:58 AM 12:12 PM 02:27 PM 04:42 PM 06:57 PM 09:12 PM 11:27 PM



Vocational Videos	टूल बॉक्स	Hindi	01:08 AM 03:23 AM 05:38 AM 07:53 AM 10:08 AM 12:23 PM 02:38 PM 04:53 PM 07:08 PM 09:23 PM 11:37 PM
General	Dhyana	English	01:13 AM 03:28 AM 05:43 AM 07:58 AM 10:13 AM 12:28 PM 02:43 PM 04:58 PM 07:13 PM 09:28 PM 11:43 PM
General	इनोवेटिव टीचर	Hindi	01:17 AM 03:32 AM 05:47 AM 08:02 AM 10:17 AM 12:32 PM 02:47 PM 05:02 PM 07:17 PM 09:32 PM 11:47 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:33 AM 03:48 AM 06:03 AM 08:18 AM 10:33 AM 12:48 PM 03:03 PM 05:18 PM 07:32 PM 09:47 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:39 AM 03:54 AM 06:09 AM 08:24 AM 10:39 AM 12:54 PM 03:09 PM 05:24 PM 07:39 PM 09:54 PM
General	Jadui Pitara-Theme Song	Hindi	01:59 AM 04:14 AM 06:29 AM 08:44 AM 10:59 AM 01:14 PM 03:29 PM 05:44 PM 07:59 PM 10:14 PM
शनिवार, 14 मार्च 2026 Saturday, 14 March 2026			
General	Montage of the channel	English/hindi	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 05:57 PM 07:57 PM 09:57 PM 11:57 PM
General	General Information & 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 09:57 PM 11:57 PM
General	Jadui Pitara-Theme Song	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 07:58 PM 09:58 PM 11:58 PM
General	एक प्रयास प्लास्टिक प्रदूषण कम करने का	Hindi	12:16 AM 02:16 AM 04:16 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:14 PM 04:14 PM 06:14 PM 08:14 PM 10:13 PM
General	आजादी की कहानी	Hindi	12:29 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:27 AM 12:27 PM 02:27 PM 04:27 PM 06:26 PM 08:26 PM 10:26 PM



General	Introduction to plasto, our hero and marine pollution	English	12:37 AM 02:37 AM 04:37 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:35 PM 04:35 PM 06:35 PM 08:35 PM 10:35 PM
General	Multi- Main Bharat Hoon	Hindi	12:44 AM 02:44 AM 04:44 AM 06:44 AM 08:44 AM 10:43 AM 12:43 PM 02:43 PM 04:43 PM 06:42 PM 08:42 PM 10:42 PM
General	पवनमुक्तासन	Hindi	12:50 AM 02:50 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:48 PM 02:48 PM 04:48 PM 06:48 PM 08:48 PM 10:47 PM
General	I have a Dream	English	12:53 AM 02:53 AM 04:52 AM 06:52 AM 08:52 AM 10:52 AM 12:51 PM 02:51 PM 04:51 PM 06:51 PM 08:51 PM 10:50 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	01:00 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:58 PM 02:58 PM 04:58 PM 06:58 PM 08:57 PM 10:57 PM
Vocational Videos	Seed Germination	English	01:13 AM 03:13 AM 05:13 AM 07:13 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:11 PM 07:11 PM 09:11 PM 11:11 PM
General	Emotional Well-being and Mental Health	English	01:20 AM 03:20 AM 05:20 AM 07:19 AM 09:19 AM 11:19 AM 01:19 PM 03:18 PM 05:18 PM 07:18 PM 09:18 PM 11:17 PM
General	Gender Equality	English	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	स्वस्थ बढ़ना	Hindi	01:32 AM 03:32 AM 05:32 AM 07:31 AM 09:31 AM 11:31 AM 01:31 PM 03:30 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM
General	Setu Bandhasana	English	01:36 AM 03:36 AM 05:36 AM 07:36 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:34 PM 09:34 PM 11:34 PM
General	सेतुबंधासन	Hindi	01:39 AM 03:39 AM 05:38 AM 07:38 AM 09:38 AM 11:38 AM 01:37 PM 03:37 PM 05:37 PM 07:37 PM 09:37 PM 11:36 PM
General	Shalabhasana	English	01:41 AM 03:41 AM 05:41 AM 07:41 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:39 PM 07:39 PM 09:39 PM 11:39 PM
General	Nutrition, Health, and Sanitaion	English	01:44 AM 03:43 AM 05:43 AM 07:43 AM 09:43 AM 11:43 AM 01:42 PM 03:42 PM 05:42 PM 07:42 PM 09:41 PM 11:41 PM



General	शलभासन	Hindi	01:50 AM 03:50 AM 05:50 AM 07:49 AM 09:49 AM 11:49 AM 01:49 PM 03:48 PM 05:48 PM 07:48 PM 09:48 PM 11:47 PM
General	I have a Dream	English	01:52 AM 03:52 AM 05:52 AM 07:52 AM 09:52 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:50 PM 09:50 PM 11:50 PM
रविवार, 15 मार्च 2026 Sunday, 15 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:08 PM 08:09 PM 10:10 PM
General	सूर्य नमस्कार	Hindi	12:01 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
General	ताड्रासन	Hindi	12:07 AM 02:08 AM 04:09 AM 06:10 AM 08:11 AM 10:12 AM 12:13 PM 02:14 PM 04:15 PM 06:16 PM 08:17 PM 10:18 PM
General Awareness	क्षेत्रफल	Hindi	12:10 AM 02:11 AM 04:12 AM 06:13 AM 08:14 AM 10:15 AM 12:15 PM 02:16 PM 04:17 PM 06:18 PM 08:19 PM 10:20 PM
General	Growth & Health	English	12:35 AM 02:36 AM 04:37 AM 06:38 AM 08:39 AM 10:40 AM 12:41 PM 02:42 PM 04:43 PM 06:44 PM 08:45 PM 10:46 PM
General	Trikonasana	English	12:39 AM 02:40 AM 04:41 AM 06:42 AM 08:43 AM 10:44 AM 12:45 PM 02:46 PM 04:47 PM 06:48 PM 08:49 PM 10:50 PM
General	Azadi ki Amrit Kahaniya (Basanti Devi - Jal)	English	12:42 AM 02:43 AM 04:44 AM 06:45 AM 08:46 AM 10:47 AM 12:48 PM 02:49 PM 04:50 PM 06:50 PM 08:51 PM 10:52 PM
General	General Information & Time Table	English/hindi	12:44 AM 02:45 AM 04:46 AM 06:47 AM 08:48 AM 10:49 AM 12:50 PM 02:51 PM 04:52 PM 06:53 PM 08:54 PM 10:55 PM
General	जेंडर समानता	Hindi	12:45 AM 02:46 AM 04:47 AM 06:48 AM 08:49 AM 10:50 AM 12:51 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:56 PM



General	त्रिकोणासन	Hindi	12:52 AM 02:53 AM 04:54 AM 06:55 AM 08:56 AM 10:57 AM 12:58 PM 02:59 PM 05:00 PM 07:01 PM 09:02 PM 11:03 PM
General	इनोवेटिव टीचर	Hindi	12:55 AM 02:56 AM 04:57 AM 06:58 AM 08:59 AM 11:00 AM 01:01 PM 03:02 PM 05:03 PM 07:04 PM 09:05 PM 11:05 PM
General	आजादी की कहानी	Hindi	01:11 AM 03:11 AM 05:12 AM 07:13 AM 09:14 AM 11:15 AM 01:16 PM 03:17 PM 05:18 PM 07:19 PM 09:20 PM 11:21 PM
General	आजादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन)	Hindi	01:19 AM 03:20 AM 05:21 AM 07:22 AM 09:23 AM 11:24 AM 01:25 PM 03:26 PM 05:27 PM 07:28 PM 09:29 PM 11:29 PM
General	Foundational Literacy & Numeracy (FLN)	English	01:21 AM 03:22 AM 05:23 AM 07:24 AM 09:25 AM 11:26 AM 01:27 PM 03:28 PM 05:29 PM 07:30 PM 09:31 PM 11:32 PM
General	Vrikshasana	English	01:25 AM 03:26 AM 05:27 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
General	Main Bharat Hoon- Hum Bharat Ke Matdata Hain	Hindi	01:27 AM 03:28 AM 05:29 AM 07:30 AM 09:31 AM 11:32 AM 01:33 PM 03:34 PM 05:35 PM 07:36 PM 09:37 PM 11:38 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:33 AM 03:33 AM 05:34 AM 07:35 AM 09:36 AM 11:37 AM 01:38 PM 03:39 PM 05:40 PM 07:41 PM 09:42 PM 11:43 PM
General	Ransomware Attack	English	01:53 AM 03:54 AM 05:55 AM 07:56 AM 09:57 AM 11:57 AM 01:58 PM 03:59 PM 06:00 PM 08:01 PM 10:02 PM
Vocational Videos	Seed Germination	English	01:54 AM 03:55 AM 05:56 AM 07:57 AM 09:58 AM 11:58 AM 01:59 PM 04:00 PM 06:01 PM 08:02 PM 10:03 PM
सोमवार, 16 मार्च 2026 Monday, 16 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:01 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM



English	THE RAVEN AND THE FOX	English	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	Azadi ki Amrit Kahaniya (Anshu Jamsenpa-Parvat)	English	12:10 AM 02:10 AM 04:11 AM 06:12 AM 08:12 AM 10:13 AM 12:14 PM 02:14 PM 04:15 PM 06:16 PM 08:16 PM 10:17 PM
General	Safety & Security	English	12:12 AM 02:13 AM 04:13 AM 06:14 AM 08:15 AM 10:15 AM 12:16 PM 02:17 PM 04:17 PM 06:18 PM 08:19 PM 10:19 PM
General	Safe use of internet	English	12:18 AM 02:18 AM 04:19 AM 06:20 AM 08:20 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:24 PM 08:24 PM 10:25 PM
General	Ustrasana	English	12:24 AM 02:24 AM 04:25 AM 06:26 AM 08:26 AM 10:27 AM 12:28 PM 02:28 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
General	उपभोक्ता संरक्षण	Hindi	12:27 AM 02:27 AM 04:28 AM 06:29 AM 08:29 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
General Awareness	बात पते की	Hindi	12:32 AM 02:32 AM 04:33 AM 06:34 AM 08:34 AM 10:35 AM 12:36 PM 02:36 PM 04:37 PM 06:38 PM 08:38 PM 10:39 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:46 AM 02:47 AM 04:48 AM 06:48 AM 08:49 AM 10:50 AM 12:50 PM 02:51 PM 04:52 PM 06:52 PM 08:53 PM 10:54 PM
General	हिंदी शब्दकोष	Hindi	12:57 AM 02:57 AM 04:58 AM 06:59 AM 08:59 AM 11:00 AM 01:01 PM 03:01 PM 05:02 PM 07:03 PM 09:03 PM 11:04 PM
General	उष्ट्रासन	Hindi	01:14 AM 03:15 AM 05:15 AM 07:16 AM 09:17 AM 11:17 AM 01:18 PM 03:19 PM 05:19 PM 07:20 PM 09:21 PM 11:21 PM
General	Online Game Fraud	English	01:17 AM 03:18 AM 05:18 AM 07:19 AM 09:20 AM 11:20 AM 01:21 PM 03:22 PM 05:22 PM 07:23 PM 09:24 PM 11:24 PM
General	I have a Dream	English	01:18 AM 03:18 AM 05:19 AM 07:20 AM 09:20 AM 11:21 AM 01:22 PM 03:22 PM 05:23 PM 07:24 PM 09:24 PM 11:25 PM
Mathematics	Lines and Angles	English	01:25 AM 03:25 AM 05:26 AM 07:27 AM 09:27 AM 11:28 AM 01:29 PM 03:29 PM 05:30 PM 07:31 PM 09:31 PM 11:32 PM



General	Nutrition, Health, and Sanitaion	English	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
General	वैष्णव जन तो तेने कहिए	Hindi	01:41 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
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:48 AM 03:49 AM 05:49 AM 07:50 AM 09:51 AM 11:51 AM 01:52 PM 03:53 PM 05:53 PM 07:54 PM 09:55 PM 11:55 PM
General	Cyberbullying	English	01:55 AM 03:56 AM 05:57 AM 07:57 AM 09:58 AM 11:59 AM 01:59 PM 04:00 PM 06:01 PM 08:01 PM 10:02 PM
General	Foundational Literacy & Numeracy (FLN)	English	01:56 AM 03:57 AM 05:58 AM 07:58 AM 09:59 AM 12:00 PM 02:00 PM 04:01 PM 06:02 PM 08:02 PM 10:03 PM
मंगलवार, 17 मार्च 2026 Tuesday, 17 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 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
Vocational Videos	प्लबिंग टूल	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 09:59 PM 11:59 PM
Hindi	पेड़ की बात	हिन्दी	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:14 AM 12:14 PM 02:14 PM 04:14 PM 06:14 PM 08:14 PM 10:14 PM
General	Nutrition, Health, and Sanitaion	English	12:25 AM 02:25 AM 04:25 AM 06:25 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	इनोवेटिव टीचर	Hindi	12:31 AM 02:31 AM 04:31 AM 06:31 AM 08:31 AM 10:31 AM 12:31 PM 02:30 PM 04:30 PM 06:30 PM 08:30 PM 10:30 PM



General	बचाव और सुरक्षा	Hindi	12:47 AM 02:47 AM 04:47 AM 06:46 AM 08:46 AM 10:46 AM 12:46 PM 02:46 PM 04:46 PM 06:46 PM 08:46 PM 10:45 PM
General	एक प्रयास प्लास्टिक प्रदूषण कम करने का	Hindi	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 06:51 PM 08:51 PM 10:51 PM
General	वज्रासन	Hindi	01:05 AM 03:05 AM 05:05 AM 07:05 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	Vakrasana	English	01:08 AM 03:07 AM 05:07 AM 07:07 AM 09:07 AM 11:07 AM 01:07 PM 03:07 PM 05:07 PM 07:07 PM 09:06 PM 11:06 PM
General	Vrikshasana	English	01:10 AM 03:10 AM 05:10 AM 07:10 AM 09:10 AM 11:10 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:09 PM
General	राष्ट्रगान	English/hindi	01:12 AM 03:12 AM 05:12 AM 07:12 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:12 PM 07:11 PM 09:11 PM 11:11 PM
General	Azadi ki Amrit Kahaniya (Tanvi Jagadish- Sagar)	English	01:14 AM 03:13 AM 05:13 AM 07:13 AM 09:13 AM 11:13 AM 01:13 PM 03:13 PM 05:13 PM 07:13 PM 09:12 PM 11:12 PM
General	Ransomware Attack	English	01:16 AM 03:16 AM 05:16 AM 07:16 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	इनोवेटिव टीचर	Hindi	01:17 AM 03:17 AM 05:17 AM 07:17 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	RBI Digital Payments Awareness Week: चुटकी में	Hindi	01:32 AM 03:32 AM 05:32 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:31 PM 07:31 PM 09:31 PM 11:31 PM
General	Online Game Fraud	English	01:33 AM 03:33 AM 05:33 AM 07:33 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
General	DIKSHA_S Capabilities Video	English	01:34 AM 03:33 AM 05:33 AM 07:33 AM 09:33 AM 11:33 AM 01:33 PM 03:33 PM 05:33 PM 07:33 PM 09:32 PM 11:32 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:38 AM 03:38 AM 05:38 AM 07:38 AM 09:38 AM 11:38 AM 01:38 PM 03:38 PM 05:38 PM 07:37 PM 09:37 PM 11:37 PM

General	I have a Dream	English	01:39 AM 03:39 AM 05:39 AM 07:39 AM 09:39 AM 11:38 AM 01:38 PM 03:38 PM 05:38 PM 07:38 PM 09:38 PM 11:38 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	01:46 AM 03:46 AM 05:46 AM 07:45 AM 09:45 AM 11:45 AM 01:45 PM 03:45 PM 05:45 PM 07:45 PM 09:45 PM 11:45 PM
बुधवार, 18 मार्च 2026 Wednesday, 18 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:12 AM 04:25 AM 06:37 AM 08:50 AM 11:02 AM 01:15 PM 03:27 PM 05:40 PM 07:52 PM 10:05 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:12 AM 04:25 AM 06:37 AM 08:50 AM 11:02 AM 01:15 PM 03:27 PM 05:40 PM 07:52 PM 10:05 PM
General	स्वस्थ बढ़ना	Hindi	12:01 AM 02:13 AM 04:26 AM 06:38 AM 08:51 AM 11:03 AM 01:16 PM 03:28 PM 05:41 PM 07:53 PM 10:06 PM
General	निपुण भारत	Hindi	12:05 AM 02:18 AM 04:30 AM 06:43 AM 08:55 AM 11:08 AM 01:20 PM 03:33 PM 05:45 PM 07:58 PM 10:10 PM
General	आजादी की अमृत कहानियाँ (आरोही पंडित- वायु)	Hindi	12:07 AM 02:19 AM 04:32 AM 06:44 AM 08:57 AM 11:09 AM 01:22 PM 03:34 PM 05:47 PM 07:59 PM 10:12 PM
General	Energy Saving	English	12:09 AM 02:22 AM 04:34 AM 06:47 AM 08:59 AM 11:12 AM 01:24 PM 03:37 PM 05:49 PM 08:02 PM 10:14 PM
General	Jadui Pitara-Theme Song	Hindi	12:11 AM 02:23 AM 04:36 AM 06:48 AM 09:01 AM 11:13 AM 01:26 PM 03:38 PM 05:51 PM 08:03 PM 10:16 PM
General	पोषण, स्वास्थ्य, और स्वच्छता	Hindi	12:26 AM 02:39 AM 04:51 AM 07:04 AM 09:16 AM 11:29 AM 01:41 PM 03:54 PM 06:06 PM 08:19 PM 10:31 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:33 AM 02:45 AM 04:58 AM 07:10 AM 09:23 AM 11:35 AM 01:48 PM 04:00 PM 06:13 PM 08:25 PM 10:38 PM
Mathematics	PATTERNS IN MATHEMATICS	English	12:43 AM 02:56 AM 05:08 AM 07:21 AM 09:33 AM 11:46 AM 01:58 PM 04:11 PM 06:23 PM 08:36 PM 10:48 PM



General	Cyberbullying	English	12:52 AM 03:05 AM 05:17 AM 07:30 AM 09:42 AM 11:55 AM 02:07 PM 04:20 PM 06:32 PM 08:45 PM 10:57 PM
General	Catfishing Fraud	English	12:54 AM 03:06 AM 05:19 AM 07:31 AM 09:44 AM 11:56 AM 02:09 PM 04:21 PM 06:34 PM 08:46 PM 10:59 PM
General	Waste Reduced	English	12:55 AM 03:07 AM 05:20 AM 07:32 AM 09:45 AM 11:57 AM 02:10 PM 04:22 PM 06:35 PM 08:47 PM 11:00 PM
General	Introduction to MISSION LIFE	English	12:56 AM 03:09 AM 05:21 AM 07:34 AM 09:46 AM 11:59 AM 02:11 PM 04:24 PM 06:36 PM 08:49 PM 11:01 PM
General	zoological-Survey-of-india	English	12:58 AM 03:11 AM 05:23 AM 07:36 AM 09:48 AM 12:01 PM 02:13 PM 04:26 PM 06:38 PM 08:51 PM 11:03 PM
General	Azadi ki Amrit Kahaniya (Trailer)	English	01:01 AM 03:13 AM 05:26 AM 07:38 AM 09:51 AM 12:03 PM 02:16 PM 04:28 PM 06:41 PM 08:53 PM 11:06 PM
Vocational Videos	Preparing ORS at Home	English	01:02 AM 03:15 AM 05:27 AM 07:40 AM 09:52 AM 12:05 PM 02:17 PM 04:30 PM 06:42 PM 08:55 PM 11:07 PM
General	इन्वेटिव टीचर	Hindi	01:08 AM 03:20 AM 05:33 AM 07:45 AM 09:58 AM 12:10 PM 02:23 PM 04:35 PM 06:48 PM 09:00 PM 11:13 PM
General	Chandrayaan Promo	Hindi	01:23 AM 03:36 AM 05:48 AM 08:01 AM 10:13 AM 12:26 PM 02:38 PM 04:51 PM 07:03 PM 09:16 PM 11:28 PM
General	Main Bharat Hoon- Hum Bharat Ke Matdata Hain	Hindi	01:27 AM 03:40 AM 05:52 AM 08:05 AM 10:17 AM 12:30 PM 02:42 PM 04:55 PM 07:07 PM 09:20 PM 11:32 PM
General	आज़ादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन)	Hindi	01:32 AM 03:45 AM 05:57 AM 08:10 AM 10:22 AM 12:35 PM 02:47 PM 05:00 PM 07:12 PM 09:25 PM 11:37 PM
General	आज़ादी की अमृत कहानियाँ (तन्वी जगदीश- सागर)	Hindi	01:35 AM 03:47 AM 06:00 AM 08:12 AM 10:25 AM 12:37 PM 02:50 PM 05:02 PM 07:15 PM 09:27 PM 11:40 PM
General	Azadi ki Amrit Kahaniya (Tanvi Jagadish- Sagar)	English	01:37 AM 03:50 AM 06:02 AM 08:15 AM 10:27 AM 12:40 PM 02:52 PM 05:05 PM 07:17 PM 09:30 PM 11:42 PM



General	एक प्रयास प्लास्टिक प्रदुषण कम करने का	Hindi	01:39 AM 03:52 AM 06:04 AM 08:17 AM 10:29 AM 12:42 PM 02:54 PM 05:07 PM 07:19 PM 09:32 PM 11:44 PM
General	Values and Types of Wetlands Part -2	English	01:52 AM 04:04 AM 06:17 AM 08:29 AM 10:42 AM 12:54 PM 03:07 PM 05:19 PM 07:32 PM 09:44 PM 11:57 PM
General	Nutrition, Health, and Sanitation	English	02:00 AM 04:12 AM 06:25 AM 08:37 AM 10:50 AM 01:02 PM 03:15 PM 05:27 PM 07:40 PM 09:52 PM
General	बचाव और सुरक्षा	Hindi	02:06 AM 04:19 AM 06:31 AM 08:44 AM 10:56 AM 01:09 PM 03:21 PM 05:34 PM 07:46 PM 09:59 PM
बृहस्पतिवार, 19 मार्च 2026 Thursday, 19 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:04 PM
General	उपभोक्ता संरक्षण	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
English	Neem Baba	English	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:07 AM 10:08 AM 12:08 PM 02:09 PM 04:09 PM 06:09 PM 08:10 PM 10:10 PM
General	इन्ोवेटिव टीचर	Hindi	12:18 AM 02:19 AM 04:19 AM 06:19 AM 08:20 AM 10:20 AM 12:21 PM 02:21 PM 04:21 PM 06:22 PM 08:22 PM 10:23 PM
General	ISL APP LAUNCH VIDEO	English/hindi	12:34 AM 02:34 AM 04:34 AM 06:35 AM 08:35 AM 10:36 AM 12:36 PM 02:36 PM 04:37 PM 06:37 PM 08:38 PM 10:38 PM
General	Growing up Healthy	English	12:36 AM 02:37 AM 04:37 AM 06:38 AM 08:38 AM 10:38 AM 12:39 PM 02:39 PM 04:40 PM 06:40 PM 08:40 PM 10:41 PM
General	Azadi ki Amrit Kahaniya (Poonam Nautiyal-Jeevan)	English	12:41 AM 02:41 AM 04:41 AM 06:42 AM 08:42 AM 10:43 AM 12:43 PM 02:43 PM 04:44 PM 06:44 PM 08:45 PM 10:45 PM



General	पोषण, स्वास्थ्य, और स्वच्छता	Hindi	12:43 AM 02:43 AM 04:44 AM 06:44 AM 08:44 AM 10:45 AM 12:45 PM 02:46 PM 04:46 PM 06:46 PM 08:47 PM 10:47 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	12:49 AM 02:50 AM 04:50 AM 06:51 AM 08:51 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:53 PM 08:53 PM 10:54 PM
General	Bharat on the Moon	English	12:58 AM 02:58 AM 04:58 AM 06:59 AM 08:59 AM 11:00 AM 01:00 PM 03:00 PM 05:01 PM 07:01 PM 09:02 PM 11:02 PM
General	Interpersonal Relationships	English	01:00 AM 03:01 AM 05:01 AM 07:01 AM 09:02 AM 11:02 AM 01:03 PM 03:03 PM 05:03 PM 07:04 PM 09:04 PM 11:05 PM
General	Azadi ki Amrit Kahaniya (Harshini Kanhekar-Agni)	English	01:05 AM 03:05 AM 05:06 AM 07:06 AM 09:06 AM 11:07 AM 01:07 PM 03:08 PM 05:08 PM 07:08 PM 09:09 PM 11:09 PM
General	स्वस्थ बढ़ना	Hindi	01:07 AM 03:08 AM 05:08 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:10 PM 05:10 PM 07:11 PM 09:11 PM 11:12 PM
General	एक प्रयास प्लास्टिक प्रदूषण कम करने का	Hindi	01:11 AM 03:12 AM 05:12 AM 07:13 AM 09:13 AM 11:13 AM 01:14 PM 03:14 PM 05:15 PM 07:15 PM 09:15 PM 11:16 PM
General	Introduction to waste segregation & dry and wet bins	English	01:24 AM 03:24 AM 05:25 AM 07:25 AM 09:26 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:28 PM 09:28 PM 11:28 PM
General	पारस्परिक संबंध	Hindi	01:38 AM 03:38 AM 05:38 AM 07:39 AM 09:39 AM 11:40 AM 01:40 PM 03:40 PM 05:41 PM 07:41 PM 09:42 PM 11:42 PM
General	जेंडर समानता	Hindi	01:43 AM 03:43 AM 05:44 AM 07:44 AM 09:45 AM 11:45 AM 01:45 PM 03:46 PM 05:46 PM 07:47 PM 09:47 PM 11:47 PM
General	Chandrayaan Promo	Hindi	01:50 AM 03:51 AM 05:51 AM 07:52 AM 09:52 AM 11:52 AM 01:53 PM 03:53 PM 05:54 PM 07:54 PM 09:54 PM 11:55 PM
General	DIKSHA_S Capabilities Video (With G20)	English	01:54 AM 03:55 AM 05:55 AM 07:56 AM 09:56 AM 11:56 AM 01:57 PM 03:57 PM 05:58 PM 07:58 PM 09:58 PM 11:59 PM



शुक्रवार, 20 मार्च 2026
Friday, 20 March 2026

General	Montage of the channel	English/hindi	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:58 AM 11:57 AM 01:57 PM 03:56 PM 05:56 PM 07:56 PM 09:55 PM 11:55 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:00 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:57 PM 03:57 PM 05:56 PM 07:56 PM 09:56 PM 11:55 PM
General	Nutrition_Health and Sanitation	English	12:01 AM 02:00 AM 04:00 AM 06:00 AM 07:59 AM 09:59 AM 11:58 AM 01:58 PM 03:58 PM 05:57 PM 07:57 PM 09:57 PM 11:56 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:07 AM 02:07 AM 04:06 AM 06:06 AM 08:06 AM 10:05 AM 12:05 PM 02:04 PM 04:04 PM 06:04 PM 08:03 PM 10:03 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:14 AM 02:13 AM 04:13 AM 06:13 AM 08:12 AM 10:12 AM 12:11 PM 02:11 PM 04:11 PM 06:10 PM 08:10 PM 10:10 PM
General	एक प्रयास प्लास्टिक प्रदूषण कम करने का	Hindi	12:21 AM 02:21 AM 04:20 AM 06:20 AM 08:19 AM 10:19 AM 12:19 PM 02:18 PM 04:18 PM 06:17 PM 08:17 PM 10:17 PM
General	Introduction to waste segregation & dry and wet bins	English	12:33 AM 02:33 AM 04:33 AM 06:32 AM 08:32 AM 10:32 AM 12:31 PM 02:31 PM 04:30 PM 06:30 PM 08:30 PM 10:29 PM
General	इनोवेटिव टीचर	Hindi	12:47 AM 02:47 AM 04:46 AM 06:46 AM 08:46 AM 10:45 AM 12:45 PM 02:44 PM 04:44 PM 06:44 PM 08:43 PM 10:43 PM
General	आजादी की कहानी	Hindi	01:03 AM 03:02 AM 05:02 AM 07:01 AM 09:01 AM 11:01 AM 01:00 PM 03:00 PM 05:00 PM 06:59 PM 08:59 PM 10:58 PM
General	DIKSHA_S Capabilities Video	English	01:11 AM 03:11 AM 05:10 AM 07:10 AM 09:10 AM 11:09 AM 01:09 PM 03:08 PM 05:08 PM 07:08 PM 09:07 PM 11:07 PM
Hindi	पेड़ की बात	हिन्दी	01:16 AM 03:16 AM 05:15 AM 07:15 AM 09:15 AM 11:14 AM 01:14 PM 03:13 PM 05:13 PM 07:13 PM 09:12 PM 11:12 PM



DD Free Dish Channel #28



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2027

General	Azadi ki Amrit Kahaniya (Basanti Devi - Jal)	English	01:26 AM 03:26 AM 05:25 AM 07:25 AM 09:24 AM 11:24 AM 01:24 PM 03:23 PM 05:23 PM 07:22 PM 09:22 PM 11:22 PM
Mathematics	Lines and Angles	English	01:28 AM 03:28 AM 05:27 AM 07:27 AM 09:27 AM 11:26 AM 01:26 PM 03:26 PM 05:25 PM 07:25 PM 09:24 PM 11:24 PM
General	Jadui Pitara-Theme Song	Hindi	01:39 AM 03:38 AM 05:38 AM 07:37 AM 09:37 AM 11:37 AM 01:36 PM 03:36 PM 05:35 PM 07:35 PM 09:35 PM 11:34 PM
General	Prevention and Management of Substance Misuse	English	01:54 AM 03:53 AM 05:53 AM 07:53 AM 09:52 AM 11:52 AM 01:52 PM 03:51 PM 05:51 PM 07:50 PM 09:50 PM 11:50 PM
शनिवार, 21 मार्च 2026 Saturday, 21 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General	General Information & 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 06:00 PM 08:00 PM 10:00 PM
General	Promotion of Healthy Lifestyle	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 04:01 PM 06:01 PM 08:01 PM 10:01 PM
General	Reproductive Health and HIV Prevention	English	12:07 AM 02:07 AM 04:07 AM 06:07 AM 08:07 AM 10:07 AM 12:07 PM 02:07 PM 04:07 PM 06:07 PM 08:07 PM 10:07 PM
General	DIKSHA_S Capabilities Video	English	12:12 AM 02:12 AM 04:12 AM 06:12 AM 08:12 AM 10:12 AM 12:12 PM 02:12 PM 04:12 PM 06:12 PM 08:12 PM 10:12 PM
General	Bharat on the Moon	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	e-Pathshala App Launch	Hindi	12:20 AM 02:20 AM 04:20 AM 06:20 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	Introduction to waste segregation & dry and wet bins	English	12:21 AM 02:21 AM 04:21 AM 06:21 AM 08:21 AM 10:21 AM 12:21 PM 02:21 PM 04:21 PM 06:21 PM 08:21 PM 10:21 PM



General	इनोवेटिव टीचर	Hindi	12:34 AM 02:34 AM 04:34 AM 06:34 AM 08:34 AM 10:34 AM 12:34 PM 02:34 PM 04:34 PM 06:34 PM 08:34 PM 10:35 PM
General	आजादी की कहानी	Hindi	12:50 AM 02:50 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:50 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
General	DIKSHA_S Capabilities Video	English	12:58 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:58 PM 02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:59 PM
General	National Anthem (Indian Sign Language)	English/hindi	01:03 AM 03:03 AM 05:03 AM 07:03 AM 09:03 AM 11:03 AM 01:03 PM 03:03 PM 05:03 PM 07:03 PM 09:03 PM 11:03 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM
General	Interpersonal Relationships	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	Safety and Security against Violence and Injuries	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	Pm Evidya 200 dth ch Promo Video 2023	English	01:20 AM 03:20 AM 05:21 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:21 PM 09:21 PM 11:21 PM
General	Jadui Pitara-Theme Song	Hindi	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 09:25 PM 11:25 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:41 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
General	Gender Equality	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
General	Final Hindi Pm Evidya 200 ch Promo	Hindi	01:53 AM 03:53 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:53 PM 05:53 PM 07:53 PM 09:53 PM 11:53 PM
General	ICT LAB VIMOCHAN	English	01:58 AM 03:58 AM 05:58 AM 07:58 AM 09:58 AM 11:58 AM 01:58 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM



रविवार, 22 मार्च 2026
Sunday, 22 March 2026

General	Montage of the channel	English/hindi	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
General	General Information & 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	निपुण भारत	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 Awareness	बात पते की	Hindi	12:02 AM 02:02 AM 04:02 AM 06:02 AM 08:02 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:00 PM 10:00 PM
General	एक प्रयास प्लास्टिक प्रदूषण कम करने का	Hindi	12:17 AM 02:17 AM 04:17 AM 06:17 AM 08:16 AM 10:16 AM 12:16 PM 02:16 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
General	Values and Types of Wetlands Part -2	English	12:30 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:28 PM 02:28 PM 04:28 PM 06:28 PM 08:28 PM 10:27 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:38 AM 02:38 AM 04:37 AM 06:37 AM 08:37 AM 10:37 AM 12:36 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:35 PM
General	Jaadui Pitara	Hindi	12:52 AM 02:52 AM 04:52 AM 06:51 AM 08:51 AM 10:51 AM 12:51 PM 02:51 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
General	Jadui Pitara NCERT	Hindi	12:53 AM 02:53 AM 04:52 AM 06:52 AM 08:52 AM 10:52 AM 12:52 PM 02:51 PM 04:51 PM 06:51 PM 08:51 PM 10:50 PM
General	आज़ादी की कहानी	Hindi	12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:55 AM 10:55 AM 12:55 PM 02:55 PM 04:55 PM 06:54 PM 08:54 PM 10:54 PM
General	Introduction to waste segregation & dry and wet bins	English	01:05 AM 03:05 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:03 PM 05:03 PM 07:03 PM 09:03 PM 11:02 PM



DD Free Dish Channel #28



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Dish TV Channel #2027

General	इनोवेटिव टीचर	Hindi	01:19 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:17 PM 09:16 PM 11:16 PM
General	हिंदी शब्दकोष	Hindi	01:34 AM 03:34 AM 05:34 AM 07:33 AM 09:33 AM 11:33 AM 01:33 PM 03:32 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
General	Values and Types of Wetlands Part -2	English	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:50 AM 11:50 AM 01:50 PM 03:50 PM 05:50 PM 07:49 PM 09:49 PM 11:49 PM
सोमवार, 23 मार्च 2026 Monday, 23 March 2026			
General	Montage of the channel	English/hindi	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 05:53 PM 07:52 PM 09:51 PM 11:50 PM
General	General Information & 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 09:51 PM 11:51 PM
General	Nutrition_Health and Sanitation	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
General	Growing up Healthy	English	12:07 AM 02:06 AM 04:06 AM 06:05 AM 08:04 AM 10:03 AM 12:02 PM 02:02 PM 04:01 PM 06:00 PM 07:59 PM 09:59 PM 11:58 PM
General	Introduction to plasto, our hero and marine pollution	English	12:11 AM 02:11 AM 04:10 AM 06:09 AM 08:08 AM 10:07 AM 12:07 PM 02:06 PM 04:05 PM 06:04 PM 08:04 PM 10:03 PM
English	THE RAVEN AND THE FOX	English	12:19 AM 02:18 AM 04:17 AM 06:16 AM 08:16 AM 10:15 AM 12:14 PM 02:13 PM 04:12 PM 06:12 PM 08:11 PM 10:10 PM
General	इनोवेटिव टीचर	Hindi	12:28 AM 02:27 AM 04:26 AM 06:25 AM 08:25 AM 10:24 AM 12:23 PM 02:22 PM 04:22 PM 06:21 PM 08:20 PM 10:19 PM
General	हिंदी शब्दकोष	Hindi	12:43 AM 02:42 AM 04:42 AM 06:41 AM 08:40 AM 10:39 AM 12:39 PM 02:38 PM 04:37 PM 06:36 PM 08:35 PM 10:35 PM



General	Values and Types of Wetlands Part -2	English	01:00 AM 03:00 AM 04:59 AM 06:58 AM 08:57 AM 10:57 AM 12:56 PM 02:55 PM 04:54 PM 06:53 PM 08:53 PM 10:52 PM
General	इनोवेटिव टीचर	Hindi	01:08 AM 03:08 AM 05:07 AM 07:06 AM 09:05 AM 11:05 AM 01:04 PM 03:03 PM 05:02 PM 07:02 PM 09:01 PM 11:00 PM
General	Jadui Pitara-Theme Song	Hindi	01:24 AM 03:23 AM 05:22 AM 07:22 AM 09:21 AM 11:20 AM 01:19 PM 03:19 PM 05:18 PM 07:17 PM 09:16 PM 11:15 PM
Mathematics	Lines and Angles	English	01:39 AM 03:38 AM 05:38 AM 07:37 AM 09:36 AM 11:35 AM 01:35 PM 03:34 PM 05:33 PM 07:32 PM 09:32 PM 11:31 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:50 AM 03:49 AM 05:48 AM 07:47 AM 09:46 AM 11:46 AM 01:45 PM 03:44 PM 05:43 PM 07:43 PM 09:42 PM 11:41 PM
General	Cyberbullying	English	01:58 AM 03:57 AM 05:56 AM 07:55 AM 09:54 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:51 PM 09:50 PM 11:49 PM
मंगलवार, 24 मार्च 2026 Tuesday, 24 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:01 AM 04:02 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:08 PM 10:09 PM
General	भुजंगासन	Hindi	12:01 AM 02:02 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:08 PM 08:09 PM 10:10 PM
General	इनोवेटिव टीचर	Hindi	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	हिंदी शब्दकोष	Hindi	12:19 AM 02:20 AM 04:20 AM 06:21 AM 08:22 AM 10:23 AM 12:24 PM 02:25 PM 04:25 PM 06:26 PM 08:27 PM 10:28 PM
Hindi	पेड़ की बात	हिन्दी	12:36 AM 02:37 AM 04:38 AM 06:38 AM 08:39 AM 10:40 AM 12:41 PM 02:42 PM 04:43 PM 06:44 PM 08:44 PM 10:45 PM



General	Introduction to plasto, our hero and marine pollution	English	12:46 AM 02:47 AM 04:48 AM 06:48 AM 08:49 AM 10:50 AM 12:51 PM 02:52 PM 04:53 PM 06:53 PM 08:54 PM 10:55 PM
General	Introduction to waste segregation & dry and wet bins	English	12:53 AM 02:54 AM 04:55 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:59 PM 05:00 PM 07:01 PM 09:02 PM 11:03 PM
General	Nishtha Promo 1	Hindi	01:07 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:11 AM 01:12 PM 03:13 PM 05:14 PM 07:14 PM 09:15 PM 11:16 PM
General	Nutrition, Health, and Sanitaion	English	01:10 AM 03:10 AM 05:11 AM 07:12 AM 09:13 AM 11:14 AM 01:15 PM 03:16 PM 05:16 PM 07:17 PM 09:18 PM 11:19 PM
General	Pm Evidya 200 dth ch Promo Video 2023	English	01:16 AM 03:17 AM 05:18 AM 07:18 AM 09:19 AM 11:20 AM 01:21 PM 03:22 PM 05:23 PM 07:24 PM 09:24 PM 11:25 PM
General Awareness	Air Pollution	English	01:21 AM 03:21 AM 05:22 AM 07:23 AM 09:24 AM 11:25 AM 01:26 PM 03:27 PM 05:27 PM 07:28 PM 09:29 PM 11:30 PM
General	Vidhyanjali Promo	Hindi	01:46 AM 03:46 AM 05:47 AM 07:48 AM 09:49 AM 11:50 AM 01:51 PM 03:52 PM 05:52 PM 07:53 PM 09:54 PM 11:55 PM
General	Cyberbullying	English	01:47 AM 03:48 AM 05:48 AM 07:49 AM 09:50 AM 11:51 AM 01:52 PM 03:53 PM 05:54 PM 07:54 PM 09:55 PM 11:56 PM
General	आज़ादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन)	Hindi	01:48 AM 03:49 AM 05:50 AM 07:51 AM 09:51 AM 11:52 AM 01:53 PM 03:54 PM 05:55 PM 07:56 PM 09:56 PM 11:57 PM
General	Dhyana	English	01:50 AM 03:51 AM 05:52 AM 07:53 AM 09:54 AM 11:55 AM 01:55 PM 03:56 PM 05:57 PM 07:58 PM 09:59 PM
General	आज़ादी की अमृत कहानियाँ (तन्वी जगदीश- सागर)	Hindi	01:54 AM 03:55 AM 05:56 AM 07:57 AM 09:58 AM 11:59 AM 01:59 PM 04:00 PM 06:01 PM 08:02 PM 10:03 PM
General	Catfishing Fraud	English	01:57 AM 03:58 AM 05:58 AM 07:59 AM 10:00 AM 12:01 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:05 PM
General	Trikonasana	English	01:58 AM 03:59 AM 05:59 AM 08:00 AM 10:01 AM 12:02 PM 02:03 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM



बुधवार, 25 मार्च 2026
Wednesday, 25 March 2026

General	Montage of the channel	English/hindi	12:00 AM 02:11 AM 04:23 AM 06:34 AM 08:46 AM 10:58 AM 01:09 PM 03:21 PM 05:33 PM 07:44 PM 09:56 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:12 AM 04:23 AM 06:35 AM 08:46 AM 10:58 AM 01:10 PM 03:21 PM 05:33 PM 07:45 PM 09:56 PM
General	स्वस्थ बढ़ना	Hindi	12:01 AM 02:12 AM 04:24 AM 06:36 AM 08:47 AM 10:59 AM 01:11 PM 03:22 PM 05:34 PM 07:45 PM 09:57 PM
General	Ransomware Attack	English	12:05 AM 02:17 AM 04:28 AM 06:40 AM 08:52 AM 11:03 AM 01:15 PM 03:27 PM 05:38 PM 07:50 PM 10:01 PM
General	MOTHER EARTH Prakriti English Subtitles	English	12:06 AM 02:18 AM 04:29 AM 06:41 AM 08:53 AM 11:04 AM 01:16 PM 03:28 PM 05:39 PM 07:51 PM 10:02 PM
General	Energy Saving	English	12:08 AM 02:20 AM 04:31 AM 06:43 AM 08:55 AM 11:06 AM 01:18 PM 03:29 PM 05:41 PM 07:53 PM 10:04 PM
General	Jadui Pitara-Theme Song	Hindi	12:10 AM 02:21 AM 04:33 AM 06:45 AM 08:56 AM 11:08 AM 01:19 PM 03:31 PM 05:43 PM 07:54 PM 10:06 PM
Art & Craft	छोटा है या बड़ा	Hindi	12:25 AM 02:37 AM 04:48 AM 07:00 AM 09:12 AM 11:23 AM 01:35 PM 03:46 PM 05:58 PM 08:10 PM 10:21 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:29 AM 02:41 AM 04:52 AM 07:04 AM 09:16 AM 11:27 AM 01:39 PM 03:51 PM 06:02 PM 08:14 PM 10:25 PM
Mathemati cs	PATTERNS IN MATHEMATICS	English	12:40 AM 02:51 AM 05:03 AM 07:14 AM 09:26 AM 11:38 AM 01:49 PM 04:01 PM 06:13 PM 08:24 PM 10:36 PM
General	Waste Reduced	English	12:49 AM 03:00 AM 05:12 AM 07:24 AM 09:35 AM 11:47 AM 01:59 PM 04:10 PM 06:22 PM 08:34 PM 10:45 PM
General	Introduction to MISSION LIFE	English	12:50 AM 03:02 AM 05:13 AM 07:25 AM 09:37 AM 11:48 AM 02:00 PM 04:12 PM 06:23 PM 08:35 PM 10:47 PM



DD Free Dish Channel #28



8800440559



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Dish TV Channel #2027

General	Azadi ki Amrit Kahaniya (Basanti Devi - Jal)	English	12:53 AM 03:04 AM 05:16 AM 07:28 AM 09:39 AM 11:51 AM 02:02 PM 04:14 PM 06:26 PM 08:37 PM 10:49 PM
General	zoological-Survey-of-india	English	12:55 AM 03:07 AM 05:18 AM 07:30 AM 09:41 AM 11:53 AM 02:05 PM 04:16 PM 06:28 PM 08:40 PM 10:51 PM
General	भावनात्मक कल्याण और मानसिक स्वास्थ्य	Hindi	12:57 AM 03:09 AM 05:21 AM 07:32 AM 09:44 AM 11:56 AM 02:07 PM 04:19 PM 06:30 PM 08:42 PM 10:54 PM
General	Azadi ki Amrit Kahaniya (Trailer)	English	01:02 AM 03:14 AM 05:26 AM 07:37 AM 09:49 AM 12:01 PM 02:12 PM 04:24 PM 06:35 PM 08:47 PM 10:59 PM
General	Chandrayaan Promo	Hindi	01:04 AM 03:15 AM 05:27 AM 07:38 AM 09:50 AM 12:02 PM 02:13 PM 04:25 PM 06:37 PM 08:48 PM 11:00 PM
General	Introduction to waste segregation & dry and wet bins	English	01:08 AM 03:19 AM 05:31 AM 07:43 AM 09:54 AM 12:06 PM 02:17 PM 04:29 PM 06:41 PM 08:52 PM 11:04 PM
General	Main Bharat Hoon- Hum Bharat Ke Matdata Hain	Hindi	01:21 AM 03:33 AM 05:45 AM 07:56 AM 10:08 AM 12:19 PM 02:31 PM 04:43 PM 06:54 PM 09:06 PM 11:18 PM
General	Azadi ki Amrit Kahaniya (Tanvi Jagadish- Sagar)	English	01:26 AM 03:38 AM 05:50 AM 08:01 AM 10:13 AM 12:25 PM 02:36 PM 04:48 PM 06:59 PM 09:11 PM 11:23 PM
General	इनोवेटिव टीचर	Hindi	01:29 AM 03:40 AM 05:52 AM 08:04 AM 10:15 AM 12:27 PM 02:38 PM 04:50 PM 07:02 PM 09:13 PM 11:25 PM
General	Values and Types of Wetlands Part -2	English	01:44 AM 03:56 AM 06:07 AM 08:19 AM 10:31 AM 12:42 PM 02:54 PM 05:06 PM 07:17 PM 09:29 PM 11:40 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:52 AM 04:04 AM 06:15 AM 08:27 AM 10:39 AM 12:50 PM 03:02 PM 05:14 PM 07:25 PM 09:37 PM 11:49 PM
General	Nutrition, Health, and Sanitaion	English	01:59 AM 04:11 AM 06:22 AM 08:34 AM 10:46 AM 12:57 PM 03:09 PM 05:21 PM 07:32 PM 09:44 PM 11:55 PM
General	बचाव और सुरक्षा	Hindi	02:05 AM 04:17 AM 06:29 AM 08:40 AM 10:52 AM 01:04 PM 03:15 PM 05:27 PM 07:39 PM 09:50 PM



बृहस्पतिवार, 26 मार्च 2026
Thursday, 26 March 2026

General	Montage of the channel	English/hindi	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 09:54 PM 11:53 PM
General	General Information & 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 07:55 PM 09:54 PM 11:54 PM
English	THE RAVEN AND THE FOX	English	12:01 AM 02:00 AM 04:00 AM 05:59 AM 07:59 AM 09:58 AM 11:58 AM 01:57 PM 03:56 PM 05:56 PM 07:55 PM 09:55 PM 11:54 PM
General	Growing up Healthy	English	12:10 AM 02:09 AM 04:09 AM 06:08 AM 08:08 AM 10:07 AM 12:07 PM 02:06 PM 04:06 PM 06:05 PM 08:04 PM 10:04 PM
General	पारस्परिक संबंध	Hindi	12:14 AM 02:13 AM 04:13 AM 06:12 AM 08:12 AM 10:11 AM 12:11 PM 02:10 PM 04:10 PM 06:09 PM 08:09 PM 10:08 PM
General	आजादी की अमृत कहानियाँ (आरोही पंडित- वायु)	Hindi	12:19 AM 02:19 AM 04:18 AM 06:18 AM 08:17 AM 10:17 AM 12:16 PM 02:16 PM 04:15 PM 06:14 PM 08:14 PM 10:13 PM
General	एक प्रयास प्लास्टिक प्रदूषण कम करने का	Hindi	12:22 AM 02:21 AM 04:21 AM 06:20 AM 08:19 AM 10:19 AM 12:18 PM 02:18 PM 04:17 PM 06:17 PM 08:16 PM 10:16 PM
General	Ransomware Attack	English	12:34 AM 02:34 AM 04:33 AM 06:33 AM 08:32 AM 10:31 AM 12:31 PM 02:30 PM 04:30 PM 06:29 PM 08:29 PM 10:28 PM
General	Introduction to waste segregation & dry and wet bins	English	12:35 AM 02:35 AM 04:34 AM 06:34 AM 08:33 AM 10:32 AM 12:32 PM 02:31 PM 04:31 PM 06:30 PM 08:30 PM 10:29 PM
General	इनोवेटिव टीचर	Hindi	12:49 AM 02:48 AM 04:48 AM 06:47 AM 08:47 AM 10:46 AM 12:46 PM 02:45 PM 04:45 PM 06:44 PM 08:43 PM 10:43 PM
General	जेंडर समानता	Hindi	01:04 AM 03:04 AM 05:03 AM 07:03 AM 09:02 AM 11:02 AM 01:01 PM 03:01 PM 05:00 PM 06:59 PM 08:59 PM 10:58 PM



DD Free Dish Channel #28



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General	योग ओलंपियाड	Hindi	01:12 AM 03:11 AM 05:11 AM 07:10 AM 09:09 AM 11:09 AM 01:08 PM 03:08 PM 05:07 PM 07:07 PM 09:06 PM 11:06 PM
General	Nutrition_Health and Sanitation	English	01:16 AM 03:16 AM 05:15 AM 07:15 AM 09:14 AM 11:13 AM 01:13 PM 03:12 PM 05:12 PM 07:11 PM 09:11 PM 11:10 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:22 AM 03:22 AM 05:21 AM 07:21 AM 09:20 AM 11:20 AM 01:19 PM 03:19 PM 05:18 PM 07:18 PM 09:17 PM 11:17 PM
General	एक प्रयास प्लास्टिक प्रदुषन कम करने का	Hindi	01:29 AM 03:29 AM 05:28 AM 07:28 AM 09:27 AM 11:26 AM 01:26 PM 03:25 PM 05:25 PM 07:24 PM 09:24 PM 11:23 PM
General	Prevention and Management of Substance Misuse	English	01:42 AM 03:41 AM 05:41 AM 07:40 AM 09:39 AM 11:39 AM 01:38 PM 03:38 PM 05:37 PM 07:37 PM 09:36 PM 11:36 PM
General	Promotion of Healthy Lifestyle	English	01:47 AM 03:46 AM 05:46 AM 07:45 AM 09:45 AM 11:44 AM 01:44 PM 03:43 PM 05:43 PM 07:42 PM 09:42 PM 11:41 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:53 AM 03:52 AM 05:52 AM 07:51 AM 09:51 AM 11:50 AM 01:50 PM 03:49 PM 05:49 PM 07:48 PM 09:48 PM 11:47 PM
शुक्रवार, 27 मार्च 2026 Friday, 27 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 01:59 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 11:58 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:00 AM 04:00 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:58 PM 09:58 PM 11:58 PM
General	स्वस्थ बढ़ना	Hindi	12:01 AM 02:01 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
General	Reproductive Health and HIV Prevention	English	12:05 AM 02:05 AM 04:05 AM 06:05 AM 08:04 AM 10:04 AM 12:04 PM 02:04 PM 04:04 PM 06:04 PM 08:04 PM 10:03 PM



General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:11 AM 02:10 AM 04:10 AM 06:10 AM 08:10 AM 10:10 AM 12:10 PM 02:10 PM 04:09 PM 06:09 PM 08:09 PM 10:09 PM
Hindi	पेड़ की बात	हिन्दी	12:16 AM 02:16 AM 04:16 AM 06:16 AM 08:16 AM 10:16 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
General	Ransomware Attack	English	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:25 AM 12:25 PM 02:25 PM 04:25 PM 06:25 PM 08:25 PM 10:25 PM
General	Cyberbullying	English	12:27 AM 02:27 AM 04:27 AM 06:27 AM 08:27 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM
General	Safety and Security against Violence and Injuries	English	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:27 PM 04:27 PM 06:27 PM 08:27 PM 10:27 PM
General	जेंडर समानता	Hindi	12:34 AM 02:34 AM 04:34 AM 06:34 AM 08:33 AM 10:33 AM 12:33 PM 02:33 PM 04:33 PM 06:33 PM 08:33 PM 10:32 PM
General	Growth & Health	English	12:41 AM 02:41 AM 04:41 AM 06:41 AM 08:41 AM 10:41 AM 12:41 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:40 PM
General	Final Hindi Pm Evidya 200 ch Promo	Hindi	12:46 AM 02:45 AM 04:45 AM 06:45 AM 08:45 AM 10:45 AM 12:45 PM 02:45 PM 04:44 PM 06:44 PM 08:44 PM 10:44 PM
General	Fun With Magnet	English	12:51 AM 02:51 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:50 PM 02:50 PM 04:50 PM 06:49 PM 08:49 PM 10:49 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:54 AM 02:54 AM 04:53 AM 06:53 AM 08:53 AM 10:53 AM 12:53 PM 02:53 PM 04:53 PM 06:52 PM 08:52 PM 10:52 PM
Mathematics	Lines and Angles	English	12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:59 PM 02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:58 PM
General	I have a Dream	English	01:10 AM 03:10 AM 05:09 AM 07:09 AM 09:09 AM 11:09 AM 01:09 PM 03:09 PM 05:09 PM 07:08 PM 09:08 PM 11:08 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:17 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:15 PM 07:15 PM 09:15 PM 11:15 PM



General	हिंदी शब्दकोष	Hindi	01:37 AM 03:37 AM 05:36 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:35 PM 09:35 PM 11:35 PM
General	Multi- Main Bharat Hoon	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 07:53 PM 09:52 PM 11:52 PM
शनिवार, 28 मार्च 2026 Saturday, 28 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:02 PM 10:02 PM
General Awareness	क्षेत्रफल	Hindi	12:01 AM 02:01 AM 04:01 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:02 PM 06:02 PM 08:02 PM 10:03 PM
General	बचाव और सुरक्षा	Hindi	12:26 AM 02:26 AM 04:26 AM 06:27 AM 08:27 AM 10:27 AM 12:27 PM 02:27 PM 04:27 PM 06:28 PM 08:28 PM 10:28 PM
General	आजादी की कहानी	Hindi	12:32 AM 02:32 AM 04:32 AM 06:32 AM 08:32 AM 10:33 AM 12:33 PM 02:33 PM 04:33 PM 06:33 PM 08:33 PM 10:34 PM
General	इनोवेटिव टीचर	Hindi	12:40 AM 02:40 AM 04:41 AM 06:41 AM 08:41 AM 10:41 AM 12:41 PM 02:41 PM 04:42 PM 06:42 PM 08:42 PM 10:42 PM
General	हिंदी शब्दकोष	Hindi	12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:56 AM 10:57 AM 12:57 PM 02:57 PM 04:57 PM 06:57 PM 08:57 PM 10:58 PM
General	पवनमुक्तासन	Hindi	01:13 AM 03:13 AM 05:13 AM 07:14 AM 09:14 AM 11:14 AM 01:14 PM 03:14 PM 05:14 PM 07:15 PM 09:15 PM 11:15 PM
General	स्वस्थ बढ़ना	Hindi	01:16 AM 03:16 AM 05:16 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:18 PM 09:18 PM 11:18 PM
General	आजादी की कहानी	Hindi	01:20 AM 03:21 AM 05:21 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:22 PM 05:22 PM 07:22 PM 09:22 PM 11:22 PM



General	Final Hindi Pm Evidya 200 ch Promo	Hindi	01:29 AM 03:29 AM 05:29 AM 07:29 AM 09:30 AM 11:30 AM 01:30 PM 03:30 PM 05:30 PM 07:30 PM 09:31 PM 11:31 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:34 AM 03:34 AM 05:34 AM 07:35 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:36 PM 09:36 PM 11:36 PM
General	DIKSHA_S Capabilities Video (With G20)	English	01:54 AM 03:54 AM 05:55 AM 07:55 AM 09:55 AM 11:55 AM 01:55 PM 03:55 PM 05:56 PM 07:56 PM 09:56 PM 11:56 PM
रविवार, 29 मार्च 2026 Sunday, 29 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:58 PM 11:58 PM
General	आज़ादी की अमृत कहानियाँ (तन्वी जगदीश- सागर)	Hindi	12:01 AM 02:01 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 07:59 PM 09:59 PM 11:59 PM
General	Gender Equality	English	12:03 AM 02:03 AM 04:03 AM 06:03 AM 08:03 AM 10:02 AM 12:02 PM 02:02 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General	Growing up Healthy	English	12:10 AM 02:10 AM 04:10 AM 06:10 AM 08:10 AM 10:10 AM 12:09 PM 02:09 PM 04:09 PM 06:09 PM 08:09 PM 10:09 PM
General	पारस्परिक संबंध	Hindi	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:13 PM 04:13 PM 06:13 PM 08:13 PM 10:13 PM
General	आज़ादी की अमृत कहानियाँ (बसंती देवी - जल)	Hindi	12:20 AM 02:20 AM 04:19 AM 06:19 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:18 PM 10:18 PM
General	एक प्रयास प्लास्टिक प्रदुषण कम करने का	Hindi	12:22 AM 02:22 AM 04:22 AM 06:22 AM 08:21 AM 10:21 AM 12:21 PM 02:21 PM 04:21 PM 06:21 PM 08:21 PM 10:21 PM



General	Ransomware Attack	English	12:35 AM 02:34 AM 04:34 AM 06:34 AM 08:34 AM 10:34 AM 12:34 PM 02:34 PM 04:33 PM 06:33 PM 08:33 PM 10:33 PM
General	Introduction to waste segregation & dry and wet bins	English	12:36 AM 02:35 AM 04:35 AM 06:35 AM 08:35 AM 10:35 AM 12:35 PM 02:35 PM 04:34 PM 06:34 PM 08:34 PM 10:34 PM
General	इन्ोवेटिव टीचर	Hindi	12:49 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:48 PM 02:48 PM 04:48 PM 06:48 PM 08:48 PM 10:48 PM
General	जेंडर समानता	Hindi	01:05 AM 03:05 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:04 PM 05:04 PM 07:03 PM 09:03 PM 11:03 PM
General	योग ओलंपियाड	Hindi	01:12 AM 03:12 AM 05:12 AM 07:12 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	Nutrition_Health and Sanitation	English	01:17 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:15 PM 07:15 PM 09:15 PM 11:15 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:23 AM 03:23 AM 05:23 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 11:21 PM
General	एक प्रयास प्लास्टिक प्रदुषन कम करने का	Hindi	01:30 AM 03:29 AM 05:29 AM 07:29 AM 09:29 AM 11:29 AM 01:29 PM 03:29 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM
General	Prevention and Management of Substance Misuse	English	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:41 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
General	Promotion of Healthy Lifestyle	English	01:47 AM 03:47 AM 05:47 AM 07:47 AM 09:47 AM 11:47 AM 01:47 PM 03:46 PM 05:46 PM 07:46 PM 09:46 PM 11:46 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:53 AM 03:53 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:52 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:52 PM
सोमवार, 30 मार्च 2026 Monday, 30 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:08 AM 12:09 PM 02:11 PM 04:12 PM 06:14 PM 08:16 PM 10:17 PM



General	General Information & Time Table	English/hindi	12:00 AM 02:02 AM 04:03 AM 06:05 AM 08:06 AM 10:08 AM 12:10 PM 02:11 PM 04:13 PM 06:14 PM 08:16 PM 10:18 PM
General	स्वस्थ बढ़ना	Hindi	12:01 AM 02:02 AM 04:04 AM 06:06 AM 08:07 AM 10:09 AM 12:10 PM 02:12 PM 04:14 PM 06:15 PM 08:17 PM 10:19 PM
General	Reproductive Health and HIV Prevention	English	12:05 AM 02:07 AM 04:08 AM 06:10 AM 08:12 AM 10:13 AM 12:15 PM 02:16 PM 04:18 PM 06:20 PM 08:21 PM 10:23 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:11 AM 02:12 AM 04:14 AM 06:15 AM 08:17 AM 10:19 AM 12:20 PM 02:22 PM 04:23 PM 06:25 PM 08:27 PM 10:28 PM
English	Neem Baba	English	12:16 AM 02:18 AM 04:20 AM 06:21 AM 08:23 AM 10:24 AM 12:26 PM 02:28 PM 04:29 PM 06:31 PM 08:33 PM 10:34 PM
General	Azadi ki Amrit Kahaniya (Poonam Nautiyal-Jeevan)	English	12:29 AM 02:30 AM 04:32 AM 06:34 AM 08:35 AM 10:37 AM 12:39 PM 02:40 PM 04:42 PM 06:43 PM 08:45 PM 10:47 PM
General	Safety and Security against Violence and Injuries	English	12:31 AM 02:33 AM 04:34 AM 06:36 AM 08:38 AM 10:39 AM 12:41 PM 02:42 PM 04:44 PM 06:46 PM 08:47 PM 10:49 PM
General	जेंडर समानता	Hindi	12:37 AM 02:38 AM 04:40 AM 06:42 AM 08:43 AM 10:45 AM 12:47 PM 02:48 PM 04:50 PM 06:51 PM 08:53 PM 10:55 PM
General	Growth & Health	English	12:44 AM 02:46 AM 04:47 AM 06:49 AM 08:51 AM 10:52 AM 12:54 PM 02:55 PM 04:57 PM 06:59 PM 09:00 PM 11:02 PM
General	Final Hindi Pm Evidya 200 ch Promo	Hindi	12:48 AM 02:50 AM 04:52 AM 06:53 AM 08:55 AM 10:56 AM 12:58 PM 03:00 PM 05:01 PM 07:03 PM 09:05 PM 11:06 PM
General	Fun With Magnet	English	12:53 AM 02:55 AM 04:57 AM 06:58 AM 09:00 AM 11:02 AM 01:03 PM 03:05 PM 05:06 PM 07:08 PM 09:10 PM 11:11 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:57 AM 02:58 AM 05:00 AM 07:01 AM 09:03 AM 11:05 AM 01:06 PM 03:08 PM 05:09 PM 07:11 PM 09:13 PM 11:14 PM
Mathematics	PATTERNS IN MATHEMATICS	English	01:02 AM 03:04 AM 05:05 AM 07:07 AM 09:09 AM 11:10 AM 01:12 PM 03:14 PM 05:15 PM 07:17 PM 09:18 PM 11:20 PM



General	I have a Dream	English	01:12 AM 03:13 AM 05:15 AM 07:16 AM 09:18 AM 11:20 AM 01:21 PM 03:23 PM 05:24 PM 07:26 PM 09:28 PM 11:29 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:18 AM 03:20 AM 05:22 AM 07:23 AM 09:25 AM 11:26 AM 01:28 PM 03:30 PM 05:31 PM 07:33 PM 09:35 PM 11:36 PM
General	हिंदी शब्दकोष	Hindi	01:38 AM 03:40 AM 05:42 AM 07:43 AM 09:45 AM 11:47 AM 01:48 PM 03:50 PM 05:51 PM 07:53 PM 09:55 PM 11:56 PM
General	Multi- Main Bharat Hoon	Hindi	01:56 AM 03:57 AM 05:59 AM 08:01 AM 10:02 AM 12:04 PM 02:05 PM 04:07 PM 06:09 PM 08:10 PM 10:12 PM
मंगलवार, 31 मार्च 2026 Tuesday, 31 March 2026			
General	Montage of the channel	English/hindi	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:07 AM 12:09 PM 02:10 PM 04:12 PM 06:13 PM 08:15 PM 10:16 PM
General	General Information & Time Table	English/hindi	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:07 AM 12:09 PM 02:11 PM 04:12 PM 06:14 PM 08:15 PM 10:17 PM
General Awareness	क्षेत्रफल	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	बचाव और सुरक्षा	Hindi	12:26 AM 02:28 AM 04:29 AM 06:31 AM 08:32 AM 10:34 AM 12:35 PM 02:37 PM 04:38 PM 06:40 PM 08:41 PM 10:43 PM
Hindi	पेड़ की बात	हिन्दी	12:32 AM 02:33 AM 04:35 AM 06:36 AM 08:38 AM 10:39 AM 12:41 PM 02:42 PM 04:44 PM 06:45 PM 08:47 PM 10:48 PM
General	इनोवेटिव टीचर	Hindi	12:42 AM 02:43 AM 04:45 AM 06:46 AM 08:48 AM 10:49 AM 12:51 PM 02:52 PM 04:54 PM 06:55 PM 08:57 PM 10:58 PM
General	हिंदी शब्दकोष	Hindi	12:57 AM 02:59 AM 05:00 AM 07:02 AM 09:03 AM 11:05 AM 01:06 PM 03:08 PM 05:09 PM 07:11 PM 09:12 PM 11:14 PM
General	पवनमुक्तासन	Hindi	01:14 AM 03:16 AM 05:17 AM 07:19 AM 09:20 AM 11:22 AM 01:24 PM 03:25 PM 05:27 PM 07:28 PM 09:30 PM 11:31 PM



General	स्वस्थ बढ़ना	Hindi	01:17 AM 03:19 AM 05:20 AM 07:22 AM 09:23 AM 11:25 AM 01:27 PM 03:28 PM 05:30 PM 07:31 PM 09:33 PM 11:34 PM
General	आज़ादी की कहानी	Hindi	01:22 AM 03:23 AM 05:25 AM 07:26 AM 09:28 AM 11:29 AM 01:31 PM 03:32 PM 05:34 PM 07:35 PM 09:37 PM 11:38 PM
General	Final Hindi Pm Evidya 200 ch Promo	Hindi	01:30 AM 03:32 AM 05:33 AM 07:35 AM 09:36 AM 11:38 AM 01:39 PM 03:41 PM 05:42 PM 07:44 PM 09:45 PM 11:47 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:35 AM 03:37 AM 05:38 AM 07:40 AM 09:41 AM 11:43 AM 01:44 PM 03:46 PM 05:48 PM 07:49 PM 09:51 PM 11:52 PM
General	DIKSHA_S Capabilities Video (With G20)	English	01:56 AM 03:57 AM 05:59 AM 08:00 AM 10:02 AM 12:03 PM 02:05 PM 04:06 PM 06:08 PM 08:09 PM 10:11 PM