

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

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

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

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

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

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

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

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

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



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

मई 2026
May 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
शुक्रवार, 01 मई 2026 Friday, 01 May 2026			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-1	Sanskrit	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:57 AM 02:56 PM 05:55 PM 08:54 PM 11:54 PM
General	Migratory Birds	English	12:23 AM 03:23 AM 06:22 AM 09:21 AM 12:21 PM 03:20 PM 06:19 PM 09:18 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-1	Hindi	12:26 AM 03:25 AM 06:24 AM 09:24 AM 12:23 PM 03:22 PM 06:22 PM 09:21 PM
Health, Physical Education/Yo ga/ Sports	Yoga - Paschimottanaasan	Hindi	12:48 AM 03:47 AM 06:46 AM 09:45 AM 12:45 PM 03:44 PM 06:43 PM 09:42 PM
गणित	गणित: पाठ-3: दो चर वाले रेखिक समीकरण युग्म भाग-1	Hindi	01:00 AM 03:59 AM 06:59 AM 09:58 AM 12:57 PM 03:56 PM 06:56 PM 09:55 PM
Social Science (Geography)	S.Sc (Geo): Ch-1: Resources and Development-1	English	01:33 AM 04:33 AM 07:32 AM 10:31 AM 01:30 PM 04:30 PM 07:29 PM 10:28 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-1	English	02:15 AM 05:14 AM 08:13 AM 11:12 AM 02:12 PM 05:11 PM 08:10 PM 11:10 PM
General	Growth & Health (H)	Hindi	02:33 AM 05:32 AM 08:31 AM 11:30 AM 02:30 PM 05:29 PM 08:28 PM 11:27 PM
Science	Science: Chp 3:Metals	English	02:37 AM 05:36 AM 08:35 AM 11:35 AM 02:34 PM 05:33 PM 08:33 PM 11:32 PM



शनिवार, 02 मई 2026

Saturday, 02 May 2026

संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-2	Sanskrit	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:57 AM 02:56 PM 05:55 PM 08:54 PM 11:54 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-2	Hindi	12:30 AM 03:29 AM 06:28 AM 09:28 AM 12:27 PM 03:26 PM 06:25 PM 09:25 PM
General English	Episode 7 Making Requests 1	English	01:00 AM 03:59 AM 06:58 AM 09:58 AM 12:57 PM 03:56 PM 06:55 PM 09:55 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-2	Hindi	01:11 AM 04:10 AM 07:09 AM 10:09 AM 01:08 PM 04:07 PM 07:06 PM 10:06 PM
Cyber Security	Internet Ethics	English	01:40 AM 04:40 AM 07:39 AM 10:38 AM 01:37 PM 04:37 PM 07:36 PM 10:35 PM
Social Science (Geography)	S.Sc (Geo.): Ch-1: Resources and Development-2	English	01:43 AM 04:42 AM 07:42 AM 10:41 AM 01:40 PM 04:39 PM 07:39 PM 10:38 PM
General	Safe Use of Internet (E)	English	02:13 AM 05:12 AM 08:11 AM 11:10 AM 02:10 PM 05:09 PM 08:08 PM 11:07 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-2	English	02:19 AM 05:18 AM 08:17 AM 11:16 AM 02:16 PM 05:15 PM 08:14 PM 11:13 PM
General	Energy Saving	English	02:35 AM 05:35 AM 08:34 AM 11:33 AM 02:32 PM 05:32 PM 08:31 PM 11:30 PM
Science	Science: Chap 3: Metal and Non-Metal-1	English	02:37 AM 05:36 AM 08:36 AM 11:35 AM 02:34 PM 05:33 PM 08:33 PM 11:32 PM

रविवार, 03 मई 2026

Sunday, 03 May 2026

Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	12:00 AM 02:57 AM 05:55 AM 08:53 AM 11:51 AM 02:49 PM 05:47 PM 08:45 PM 11:43 PM
-----------------	--------------------	------	--



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Health, Physical Education/Yo ga/ Sports	Daud	Hindi	12:26 AM 03:24 AM 06:22 AM 09:19 AM 12:17 PM 03:15 PM 06:13 PM 09:11 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-5: उपभोक्ता अधिकार	Hindi	12:46 AM 03:44 AM 06:42 AM 09:40 AM 12:38 PM 03:36 PM 06:33 PM 09:31 PM
Cyber Security	5 Internet Tips for kids	Hindi	01:04 AM 04:02 AM 07:00 AM 09:58 AM 12:56 PM 03:53 PM 06:51 PM 09:49 PM
विज्ञान	विज्ञान: पाठ-4: कार्बन एवं उसके यौगिक	Hindi	01:05 AM 04:03 AM 07:01 AM 09:59 AM 12:57 PM 03:55 PM 06:52 PM 09:50 PM
General	E-Waste Management: Block 3	English	01:27 AM 04:25 AM 07:23 AM 10:21 AM 01:19 PM 04:17 PM 07:15 PM 10:13 PM
Social Science (Economics)	S.Sc (Eco): Ch-1 Development- I	English	01:45 AM 04:43 AM 07:41 AM 10:39 AM 01:37 PM 04:35 PM 07:33 PM 10:31 PM
General	Nadishodhan Pranayam	English	02:12 AM 05:10 AM 08:08 AM 11:05 AM 02:03 PM 05:01 PM 07:59 PM 10:57 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:15 AM 05:13 AM 08:11 AM 11:09 AM 02:07 PM 05:05 PM 08:03 PM 11:00 PM
General	E-Waste Management: Film 2	English	02:48 AM 05:46 AM 08:44 AM 11:42 AM 02:40 PM 05:38 PM 08:36 PM 11:34 PM
सोमवार, 04 मई 2026 Monday, 04 May 2026			
हिंदी	हिंदी : पाठ-12: लखनवीं अंदाज़	Hindi	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:56 AM 02:55 PM 05:54 PM 08:53 PM 11:52 PM
Health, Physical Education/Yo ga/ Sports	Yoga - Paschimottanaasan	Hindi	12:19 AM 03:18 AM 06:17 AM 09:17 AM 12:16 PM 03:15 PM 06:14 PM 09:13 PM



सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	Hindi	12:32 AM 03:31 AM 06:30 AM 09:29 AM 12:28 PM 03:27 PM 06:26 PM 09:26 PM
Cyber Security	Cyber Stalking	English	12:59 AM 03:58 AM 06:57 AM 09:56 AM 12:55 PM 03:54 PM 06:53 PM 09:53 PM
विज्ञान	विज्ञान: पाठ-4: कार्बन एवं उसके यौगिक	Hindi	01:00 AM 03:59 AM 06:58 AM 09:57 AM 12:56 PM 03:55 PM 06:54 PM 09:54 PM
General	Gender Equality	English	01:29 AM 04:28 AM 07:27 AM 10:26 AM 01:25 PM 04:24 PM 07:24 PM 10:23 PM
Language (English)	English: Chapter 11: The Proposal	English	01:36 AM 04:35 AM 07:34 AM 10:33 AM 01:32 PM 04:32 PM 07:31 PM 10:30 PM
General	E-Waste Management: Film 2	English	02:03 AM 05:02 AM 08:01 AM 11:00 AM 01:59 PM 04:58 PM 07:58 PM 10:57 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-3	English	02:12 AM 05:11 AM 08:10 AM 11:09 AM 02:08 PM 05:07 PM 08:07 PM 11:06 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	02:29 AM 05:28 AM 08:28 AM 11:27 AM 02:26 PM 05:25 PM 08:24 PM 11:23 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:36 AM 05:35 AM 08:34 AM 11:33 AM 02:32 PM 05:32 PM 08:31 PM 11:30 PM
मंगलवार, 05 मई 2026 Tuesday, 05 May 2026			
हिंदी	हिंदी : पाठ-14: मन्नु भंडारी: एक कहानी यह भी-1	Hindi	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:54 AM 02:53 PM 05:52 PM 08:50 PM 11:49 PM
सामान्य	पवन मुक्तासन	हिन्दी	12:26 AM 03:25 AM 06:23 AM 09:22 AM 12:21 PM 03:19 PM 06:18 PM 09:17 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-1	Hindi	12:29 AM 03:28 AM 06:26 AM 09:25 AM 12:24 PM 03:22 PM 06:21 PM 09:20 PM



General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:56 AM 03:54 AM 06:53 AM 09:52 AM 12:50 PM 03:49 PM 06:48 PM 09:46 PM
विज्ञान	विज्ञान: पाठ-6: जैव प्रक्रम-1	Hindi	01:01 AM 04:00 AM 06:58 AM 09:57 AM 12:56 PM 03:54 PM 06:53 PM 09:52 PM
Language (English)	English: Chapter 11: Discussion on the theme of the Play 'The Proposal'	English	01:23 AM 04:22 AM 07:21 AM 10:19 AM 01:18 PM 04:17 PM 07:15 PM 10:14 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-4	English	02:09 AM 05:08 AM 08:06 AM 11:05 AM 02:04 PM 05:02 PM 08:01 PM 11:00 PM
General	Gender Equality (H)	Hindi	02:32 AM 05:30 AM 08:29 AM 11:28 AM 02:26 PM 05:25 PM 08:24 PM 11:22 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:39 AM 05:38 AM 08:36 AM 11:35 AM 02:34 PM 05:32 PM 08:31 PM 11:30 PM
बुधवार, 06 मई 2026 Wednesday, 06 May 2026			
हिंदी	हिंदी : पाठ-14: मन्नु भंडारी: एक कहानी यह भी-2	Hindi	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:01 PM 06:02 PM 09:02 PM
General	Safe Use of Internet (H)	Hindi	12:35 AM 03:35 AM 06:35 AM 09:36 AM 12:36 PM 03:36 PM 06:37 PM 09:37 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-1	Hindi	12:41 AM 03:41 AM 06:41 AM 09:42 AM 12:42 PM 03:43 PM 06:43 PM 09:43 PM
Cyber Security	Blogging Tips	English	01:06 AM 04:06 AM 07:06 AM 10:07 AM 01:07 PM 04:07 PM 07:08 PM 10:08 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 1	Hindi	01:06 AM 04:07 AM 07:07 AM 10:07 AM 01:08 PM 04:08 PM 07:09 PM 10:09 PM
Language (English)	English: Ch 1 : A Letter to God	English	01:44 AM 04:44 AM 07:45 AM 10:45 AM 01:45 PM 04:46 PM 07:46 PM 10:46 PM



Cyber Security	Change Passwords like Socks	Hindi	02:07 AM 05:08 AM 08:08 AM 11:08 AM 02:09 PM 05:09 PM 08:09 PM 11:10 PM
Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World-1	English	02:08 AM 05:08 AM 08:09 AM 11:09 AM 02:09 PM 05:10 PM 08:10 PM 11:10 PM
General	Jadui Pitara NCERT	Hindi	02:30 AM 05:31 AM 08:31 AM 11:31 AM 02:32 PM 05:32 PM 08:33 PM 11:33 PM
Science	Science: Chap 3: Metal and Non-Metal-2	English	02:34 AM 05:34 AM 08:35 AM 11:35 AM 02:35 PM 05:36 PM 08:36 PM 11:36 PM
बृहस्पतिवार, 07 मई 2026 Thursday, 07 May 2026			
हिंदी	हिंदी : पाठ-12: लखनवी अंदाज़	Hindi	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:58 PM 05:57 PM 08:57 PM 11:56 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Misr	Hindi	12:19 AM 03:19 AM 06:18 AM 09:18 AM 12:18 PM 03:17 PM 06:17 PM 09:16 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-2	Hindi	12:23 AM 03:23 AM 06:22 AM 09:22 AM 12:21 PM 03:21 PM 06:21 PM 09:20 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	12:46 AM 03:45 AM 06:45 AM 09:44 AM 12:44 PM 03:44 PM 06:43 PM 09:43 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 2	Hindi	12:56 AM 03:55 AM 06:55 AM 09:54 AM 12:54 PM 03:54 PM 06:53 PM 09:53 PM
Language (English)	English: Ch-1: Dust of Snow	English	01:32 AM 04:32 AM 07:32 AM 10:31 AM 01:31 PM 04:30 PM 07:30 PM 10:30 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	01:57 AM 04:56 AM 07:56 AM 10:56 AM 01:55 PM 04:55 PM 07:54 PM 10:54 PM
Social Science (History)	So. Sci. (His):Chp 5: Print Culture and the Modern World-2	English	02:07 AM 05:06 AM 08:06 AM 11:05 AM 02:05 PM 05:05 PM 08:04 PM 11:04 PM



General English	Episode 1 Greeting a Friend	English	02:31 AM 05:31 AM 08:30 AM 11:30 AM 02:30 PM 05:29 PM 08:29 PM 11:28 PM
Science	Science: Chap 3: Metal and Non-Metal-3	English	02:39 AM 05:39 AM 08:38 AM 11:38 AM 02:38 PM 05:37 PM 08:37 PM 11:36 PM
शुक्रवार, 08 मई 2026 Friday, 08 May 2026			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-3	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:01 PM 09:01 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:27 AM 03:27 AM 06:28 AM 09:28 AM 12:28 PM 03:28 PM 06:28 PM 09:29 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-1	Hindi	12:33 AM 03:34 AM 06:34 AM 09:34 AM 12:34 PM 03:34 PM 06:34 PM 09:35 PM
Cyber Security	Online Gaming safety for children	English	12:55 AM 03:55 AM 06:55 AM 09:56 AM 12:56 PM 03:56 PM 06:56 PM 09:56 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-1	Hindi	12:56 AM 03:56 AM 06:57 AM 09:57 AM 12:57 PM 03:57 PM 06:57 PM 09:57 PM
Cyber Security	Browser Practices: Best Practices	English	01:29 AM 04:29 AM 07:29 AM 10:29 AM 01:30 PM 04:30 PM 07:30 PM 10:30 PM
Social Science (Geography)	S.Sc (Geo): Ch-1: Resources and Development-1	English	01:30 AM 04:30 AM 07:30 AM 10:30 AM 01:31 PM 04:31 PM 07:31 PM 10:31 PM
Cyber Security	Cyber Stalking	English	01:58 AM 04:58 AM 07:58 AM 10:59 AM 01:59 PM 04:59 PM 07:59 PM 10:59 PM
Mathematics	Maths: Chap 14: Statistics-1	English	01:59 AM 04:59 AM 07:59 AM 11:00 AM 02:00 PM 05:00 PM 08:00 PM 11:00 PM
General	Gender Equality (H)	Hindi	02:23 AM 05:24 AM 08:24 AM 11:24 AM 02:24 PM 05:24 PM 08:24 PM 11:25 PM



Science	Science: Chp-4: Carbon and its Compounds Part-1	English	02:31 AM 05:31 AM 08:31 AM 11:31 AM 02:31 PM 05:32 PM 08:32 PM 11:32 PM
General	Gender Equality (E)	English	02:53 AM 05:53 AM 08:53 AM 11:53 AM 02:53 PM 05:53 PM 08:54 PM 11:54 PM
शनिवार, 09 मई 2026 Saturday, 09 May 2026			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-1	Sanskrit	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:04 PM 03:05 PM 06:06 PM 09:08 PM
Cyber Security	Student Identity Theft	Hindi	12:26 AM 03:27 AM 06:28 AM 09:29 AM 12:31 PM 03:32 PM 06:33 PM 09:34 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-2	Hindi	12:27 AM 03:28 AM 06:29 AM 09:31 AM 12:32 PM 03:33 PM 06:34 PM 09:35 PM
Cyber Security	Identity Theft	Hindi	12:57 AM 03:58 AM 06:59 AM 10:00 AM 01:02 PM 04:03 PM 07:04 PM 10:05 PM
गणित	गणित: पाठ-3: दो चर वाले रेखिक समीकरण युग्म भाग-2	Hindi	12:58 AM 03:59 AM 07:00 AM 10:01 AM 01:02 PM 04:03 PM 07:05 PM 10:06 PM
Social Science (Geography)	S.Sc (Geo.): Ch-1: Resources and Development-2	English	01:28 AM 04:29 AM 07:30 AM 10:31 AM 01:32 PM 04:34 PM 07:35 PM 10:36 PM
General English	Episode 9 Agreeing 1	English	01:57 AM 04:58 AM 08:00 AM 11:01 AM 02:02 PM 05:03 PM 08:04 PM 11:05 PM
Mathematics	Maths: Chap 14: Statistics-2	English	02:08 AM 05:09 AM 08:11 AM 11:12 AM 02:13 PM 05:14 PM 08:15 PM 11:16 PM
Science	Science: Chp-4: Carbon and its Compounds Part-2	English	02:31 AM 05:32 AM 08:33 AM 11:34 AM 02:35 PM 05:37 PM 08:38 PM 11:39 PM



रविवार, 10 मई 2026
Sunday, 10 May 2026

Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:04 PM 03:05 PM 06:07 PM 09:08 PM
सामान्य	Consumer Awareness	English	12:26 AM 03:27 AM 06:28 AM 09:29 AM 12:30 PM 03:32 PM 06:33 PM 09:34 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-5: उपभोक्ता अधिकार	Hindi	12:46 AM 03:47 AM 06:48 AM 09:50 AM 12:51 PM 03:52 PM 06:53 PM 09:54 PM
Science	Alfred Nobel - 1	English	01:04 AM 04:05 AM 07:06 AM 10:07 AM 01:09 PM 04:10 PM 07:11 PM 10:12 PM
विज्ञान	विज्ञान:पाठ-6: जैव प्रक्रम-2	Hindi	01:12 AM 04:14 AM 07:15 AM 10:16 AM 01:17 PM 04:18 PM 07:20 PM 10:21 PM
General	Health And Sanitaion (H)	Hindi	01:37 AM 04:38 AM 07:39 AM 10:40 AM 01:41 PM 04:43 PM 07:44 PM 10:45 PM
Social Science (Economics)	S.Sc (Eco): Ch-1 Development- II	English	01:43 AM 04:44 AM 07:46 AM 10:47 AM 01:48 PM 04:49 PM 07:50 PM 10:52 PM
General	Mental Health and Well Being -2	English	02:07 AM 05:08 AM 08:09 AM 11:10 AM 02:12 PM 05:13 PM 08:14 PM 11:15 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:24 AM 05:25 AM 08:27 AM 11:28 AM 02:29 PM 05:30 PM 08:31 PM 11:32 PM

सोमवार, 11 मई 2026
Monday, 11 May 2026

हिंदी	हिंदी : पाठ-14: मञ्जु भंडारी: एक कहानी यह भी-1	Hindi	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:01 PM 06:02 PM 09:02 PM
सामान्य	सरदार वल्लभ भाई पटेल	Hindi	12:33 AM 03:33 AM 06:34 AM 09:34 AM 12:34 PM 03:35 PM 06:35 PM 09:35 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-2	Hindi	12:36 AM 03:37 AM 06:37 AM 09:37 AM 12:38 PM 03:38 PM 06:38 PM 09:39 PM
विज्ञान	विज्ञान: पाठ-4: कार्बन एवं उसके यौगिक	Hindi	01:13 AM 04:14 AM 07:14 AM 10:14 AM 01:15 PM 04:15 PM 07:15 PM 10:16 PM
Cultural Heritage: Art, Music & Dance	Folk Dance - Arunachal Pradesh	English/hindi	01:36 AM 04:36 AM 07:36 AM 10:37 AM 01:37 PM 04:37 PM 07:38 PM 10:38 PM
Language (English)	English: Ch-1: Poem- Fire and Ice	English	01:45 AM 04:45 AM 07:46 AM 10:46 AM 01:47 PM 04:47 PM 07:47 PM 10:48 PM
Mathematics	Maths: Chap 14: Statistics-3	English	02:13 AM 05:14 AM 08:14 AM 11:14 AM 02:15 PM 05:15 PM 08:16 PM 11:16 PM
General	e-Pathshala App Launch	Hindi	02:40 AM 05:40 AM 08:40 AM 11:41 AM 02:41 PM 05:42 PM 08:42 PM 11:42 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:41 AM 05:41 AM 08:41 AM 11:42 AM 02:42 PM 05:43 PM 08:43 PM 11:43 PM
मंगलवार, 12 मई 2026 Tuesday, 12 May 2026			
हिंदी	हिंदी : पाठ-14: मञ्जु भंडारी: एक कहानी यह भी-2	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:05 PM 09:06 PM
Cyber Security	Identity Theft	Hindi	12:28 AM 03:29 AM 06:30 AM 09:31 AM 12:32 PM 03:33 PM 06:33 PM 09:34 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	Hindi	12:28 AM 03:29 AM 06:30 AM 09:31 AM 12:32 PM 03:33 PM 06:34 PM 09:35 PM
General	Safe Use of Internet (H)	Hindi	12:55 AM 03:56 AM 06:57 AM 09:58 AM 12:59 PM 04:00 PM 07:01 PM 10:02 PM



विज्ञान	विज्ञान: पाठ-4: कार्बन एवं उसके यौगिक	Hindi	01:02 AM 04:02 AM 07:03 AM 10:04 AM 01:05 PM 04:06 PM 07:07 PM 10:08 PM
General	E-Waste Management: Block 3	English	01:31 AM 04:32 AM 07:32 AM 10:33 AM 01:34 PM 04:35 PM 07:36 PM 10:37 PM
Language (English)	English: Chapter 11: The Proposal	English	01:49 AM 04:50 AM 07:51 AM 10:51 AM 01:52 PM 04:53 PM 07:54 PM 10:55 PM
Mathematics	Maths: Chap 14: Statistics-4	English	02:15 AM 05:16 AM 08:17 AM 11:18 AM 02:19 PM 05:20 PM 08:21 PM 11:22 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:38 AM 05:39 AM 08:40 AM 11:41 AM 02:42 PM 05:43 PM 08:44 PM 11:44 PM
बुधवार, 13 मई 2026 Wednesday, 13 May 2026			
हिंदी	हिंदी : पाठ-12: लखनवीं अंदाज़	Hindi	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:04 PM 03:05 PM 06:06 PM 09:07 PM
General	Ustrasana	English	12:19 AM 03:20 AM 06:21 AM 09:22 AM 12:23 PM 03:24 PM 06:25 PM 09:26 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-4: औद्योगीकरण का युग-1	Hindi	12:22 AM 03:23 AM 06:24 AM 09:25 AM 12:26 PM 03:27 PM 06:28 PM 09:29 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 1	Hindi	12:41 AM 03:42 AM 06:43 AM 09:44 AM 12:45 PM 03:46 PM 06:47 PM 09:48 PM
General	It's My Right to Get Education	Marathi	01:13 AM 04:14 AM 07:15 AM 10:16 AM 01:17 PM 04:18 PM 07:19 PM 10:20 PM
Language (English)	English: Chapter 11: Discussion on the theme of the Play 'The Proposal'	English	01:19 AM 04:20 AM 07:21 AM 10:22 AM 01:23 PM 04:24 PM 07:25 PM 10:26 PM
General	Growth & Health (E)	English	01:52 AM 04:53 AM 07:54 AM 10:55 AM 01:56 PM 04:57 PM 07:58 PM 10:59 PM



Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-I	English	01:56 AM 04:57 AM 07:58 AM 10:59 AM 02:00 PM 05:01 PM 08:02 PM 11:03 PM
Science	Science: Chapter-4 Carbon and its Compounds Part-3	English	02:36 AM 05:37 AM 08:38 AM 11:39 AM 02:40 PM 05:41 PM 08:42 PM 11:43 PM
बृहस्पतिवार, 14 मई 2026 Thursday, 14 May 2026			
हिंदी	हिंदी : पाठ-14: मञ्जु भंडारी: एक कहानी यह भी-1	Hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:01 PM 03:01 PM 06:01 PM 09:01 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:26 AM 03:26 AM 06:27 AM 09:27 AM 12:27 PM 03:27 PM 06:28 PM 09:28 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-4: औद्योगीकरण का युग-2	Hindi	12:27 AM 03:27 AM 06:27 AM 09:28 AM 12:28 PM 03:28 PM 06:28 PM 09:29 PM
General	Pawan muktasana	English	12:52 AM 03:53 AM 06:53 AM 09:53 AM 12:53 PM 03:54 PM 06:54 PM 09:54 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 2	Hindi	12:55 AM 03:56 AM 06:56 AM 09:56 AM 12:56 PM 03:57 PM 06:57 PM 09:57 PM
General	Jadui Pitara NCERT	Hindi	01:30 AM 04:30 AM 07:30 AM 10:30 AM 01:31 PM 04:31 PM 07:31 PM 10:32 PM
Language (English)	English: Ch 1 : A Letter to God	English	01:33 AM 04:33 AM 07:34 AM 10:34 AM 01:34 PM 04:34 PM 07:35 PM 10:35 PM
Cultural Heritage: Art, Music & Dance	Hamare Vadhya Yantra-01 (Tarane Taaron Se)	Hindi	01:57 AM 04:57 AM 07:57 AM 10:57 AM 01:58 PM 04:58 PM 07:58 PM 10:58 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-II	English	02:14 AM 05:14 AM 08:14 AM 11:14 AM 02:15 PM 05:15 PM 08:15 PM 11:15 PM
General	Migratory Birds	English	02:35 AM 05:36 AM 08:36 AM 11:36 AM 02:37 PM 05:37 PM 08:37 PM 11:37 PM



Science	Science: Chp 3:Metals	English	02:38 AM 05:38 AM 08:38 AM 11:39 AM 02:39 PM 05:39 PM 08:40 PM 11:40 PM
शुक्रवार, 15 मई 2026 Friday, 15 May 2026			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-2	Sanskrit	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:58 PM 05:57 PM 08:57 PM 11:56 PM
General	Energy Saving	English	12:30 AM 03:29 AM 06:29 AM 09:29 AM 12:28 PM 03:28 PM 06:27 PM 09:27 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-1	Hindi	12:31 AM 03:31 AM 06:31 AM 09:30 AM 12:30 PM 03:29 PM 06:29 PM 09:29 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-1	Hindi	12:54 AM 03:53 AM 06:53 AM 09:52 AM 12:52 PM 03:52 PM 06:51 PM 09:51 PM
General	Safety and Security against Violence and Injuries	English	01:26 AM 04:26 AM 07:25 AM 10:25 AM 01:25 PM 04:24 PM 07:24 PM 10:23 PM
Social Science (Geography)	S.Sc (Geo): Ch-1: Resources and Development-1	English	01:32 AM 04:31 AM 07:31 AM 10:31 AM 01:30 PM 04:30 PM 07:29 PM 10:29 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English	02:00 AM 05:00 AM 07:59 AM 10:59 AM 01:58 PM 04:58 PM 07:58 PM 10:57 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-1	English	02:07 AM 05:07 AM 08:07 AM 11:06 AM 02:06 PM 05:05 PM 08:05 PM 11:05 PM
General	Safe Use of Internet (H)	Hindi	02:25 AM 05:25 AM 08:25 AM 11:24 AM 02:24 PM 05:23 PM 08:23 PM 11:23 PM
Science	Science: Chap 3: Metal and Non-Metal-1	English	02:31 AM 05:31 AM 08:31 AM 11:30 AM 02:30 PM 05:29 PM 08:29 PM 11:29 PM
General	Promotion of Healthy Lifestyle	English	02:53 AM 05:53 AM 08:52 AM 11:52 AM 02:52 PM 05:51 PM 08:51 PM 11:50 PM



शनिवार, 16 मई 2026

Saturday, 16 May 2026

संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-1	Sanskrit	12:00 AM 03:01 AM 06:03 AM 09:05 AM 12:07 PM 03:09 PM 06:10 PM 09:12 PM
Cultural Heritage: Art, Music & Dance	NRP and Folk Dance: Mizoram	English/hindi	12:23 AM 03:25 AM 06:27 AM 09:29 AM 12:31 PM 03:32 PM 06:34 PM 09:36 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-2	Hindi	12:32 AM 03:34 AM 06:36 AM 09:37 AM 12:39 PM 03:41 PM 06:43 PM 09:45 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-2	Hindi	01:03 AM 04:04 AM 07:06 AM 10:08 AM 01:10 PM 04:12 PM 07:13 PM 10:15 PM
Social Science (Geography)	S.Sc (Geo.): Ch-1: Resources and Development-2	English	01:33 AM 04:35 AM 07:36 AM 10:38 AM 01:40 PM 04:42 PM 07:44 PM 10:45 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-2	English	02:16 AM 05:18 AM 08:20 AM 11:21 AM 02:23 PM 05:25 PM 08:27 PM 11:29 PM
General	Introduction to MISSION LIFE	English	02:33 AM 05:35 AM 08:37 AM 11:38 AM 02:40 PM 05:42 PM 08:44 PM 11:46 PM
Science	Science: Chap 3: Metal and Non-Metal-2	English	02:35 AM 05:37 AM 08:39 AM 11:41 AM 02:43 PM 05:44 PM 08:46 PM 11:48 PM

रविवार, 17 मई 2026

Sunday, 17 May 2026

Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:03 PM
General	Gender Equality (H)	Hindi	12:26 AM 03:26 AM 06:27 AM 09:27 AM 12:28 PM 03:29 PM 06:29 PM 09:30 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-5: उपभोक्ता अधिकार	Hindi	12:33 AM 03:34 AM 06:34 AM 09:35 AM 12:35 PM 03:36 PM 06:37 PM 09:37 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Cultural Heritage: Art, Music & Dance	Bharatanatyam- Drshti & Greeva	Hindi	12:51 AM 03:52 AM 06:52 AM 09:53 AM 12:53 PM 03:54 PM 06:54 PM 09:55 PM
विज्ञान	विज्ञान: पाठ-6: जैव प्रक्रम-1	Hindi	01:13 AM 04:14 AM 07:15 AM 10:15 AM 01:16 PM 04:16 PM 07:17 PM 10:17 PM
General English	Episode 11 Agreeing 3	English	01:35 AM 04:36 AM 07:36 AM 10:37 AM 01:38 PM 04:38 PM 07:39 PM 10:39 PM
Social Science (Economics)	S.Sc (Eco): Ch-1 Development- III	English	01:45 AM 04:46 AM 07:47 AM 10:47 AM 01:48 PM 04:48 PM 07:49 PM 10:49 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:20 AM 05:21 AM 08:21 AM 11:22 AM 02:22 PM 05:23 PM 08:23 PM 11:24 PM
Cyber Security	Internet Ethics	English	02:39 AM 05:40 AM 08:40 AM 11:41 AM 02:41 PM 05:42 PM 08:43 PM 11:43 PM
General	E-Waste Management: Block 3	English	02:42 AM 05:43 AM 08:43 AM 11:44 AM 02:44 PM 05:45 PM 08:45 PM 11:46 PM
सोमवार, 18 मई 2026			
Monday, 18 May 2026			
हिंदी	हिंदी : पाठ-14: मन्नु भंडारी: एक कहानी यह भी-2	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:04 PM 09:05 PM
General English	Episode 11 Agreeing 3	English	12:28 AM 03:29 AM 06:29 AM 09:30 AM 12:31 PM 03:32 PM 06:33 PM 09:33 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-1	Hindi	12:38 AM 03:39 AM 06:39 AM 09:40 AM 12:41 PM 03:42 PM 06:43 PM 09:43 PM
Cyber Security	Tips to avoid Lottery Scams	English	01:04 AM 04:05 AM 07:06 AM 10:07 AM 01:08 PM 04:08 PM 07:09 PM 10:10 PM



विज्ञान	विज्ञान:पाठ-6: जैव प्रक्रम-2	Hindi	01:05 AM 04:06 AM 07:07 AM 10:08 AM 01:08 PM 04:09 PM 07:10 PM 10:11 PM
General	कमल	Hindi	01:29 AM 04:30 AM 07:31 AM 10:32 AM 01:33 PM 04:33 PM 07:34 PM 10:35 PM
Language (English)	English: Ch-1: Dust of Snow	English	01:38 AM 04:39 AM 07:40 AM 10:41 AM 01:41 PM 04:42 PM 07:43 PM 10:44 PM
Cyber Security	Identity Theft	Hindi	02:03 AM 05:03 AM 08:04 AM 11:05 AM 02:06 PM 05:07 PM 08:07 PM 11:08 PM
General English	Episode 1 Greeting a Friend	English	02:03 AM 05:04 AM 08:05 AM 11:06 AM 02:07 PM 05:07 PM 08:08 PM 11:09 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-3	English	02:11 AM 05:12 AM 08:13 AM 11:14 AM 02:15 PM 05:15 PM 08:16 PM 11:17 PM
General English	Episode 2 Greeting an Acquaintance	English	02:29 AM 05:30 AM 08:30 AM 11:31 AM 02:32 PM 05:33 PM 08:34 PM 11:34 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:38 AM 05:38 AM 08:39 AM 11:40 AM 02:41 PM 05:42 PM 08:42 PM 11:43 PM
मंगलवार, 19 मई 2026 Tuesday, 19 May 2026			
हिंदी	हिंदी : पाठ-12: लखनवीं अंदाज़	Hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:00 PM 09:00 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:19 AM 03:19 AM 06:19 AM 09:19 AM 12:20 PM 03:20 PM 06:20 PM 09:20 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-2	Hindi	12:20 AM 03:20 AM 06:20 AM 09:20 AM 12:20 PM 03:21 PM 06:21 PM 09:21 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:44 AM 03:44 AM 06:44 AM 09:44 AM 12:44 PM 03:45 PM 06:45 PM 09:45 PM



विज्ञान	विज्ञान: पाठ-4: कार्बन एवं उसके यौगिक	Hindi	12:45 AM 03:45 AM 06:45 AM 09:45 AM 12:45 PM 03:45 PM 06:45 PM 09:46 PM
रोजगार कौशल	हृन्तर सीखें होनहार बने	Hindi	01:07 AM 04:07 AM 07:07 AM 10:07 AM 01:08 PM 04:08 PM 07:08 PM 10:08 PM
Language (English)	English: Ch-1: Poem- Fire and Ice	English	01:24 AM 04:24 AM 07:25 AM 10:25 AM 01:25 PM 04:25 PM 07:25 PM 10:25 PM
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Chaari	Hindi	01:52 AM 04:52 AM 07:52 AM 10:52 AM 01:52 PM 04:52 PM 07:53 PM 10:53 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-4	English	02:04 AM 05:04 AM 08:04 AM 11:04 AM 02:04 PM 05:04 PM 08:05 PM 11:05 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:40 AM 05:40 AM 08:41 AM 11:41 AM 02:41 PM 05:41 PM 08:41 PM 11:41 PM
बुधवार, 20 मई 2026 Wednesday, 20 May 2026			
हिंदी	हिंदी : पाठ-14: मन्नु भंडारी: एक कहानी यह भी-1	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:58 AM 02:58 PM 05:58 PM 08:58 PM 11:57 PM
Cyber Security	Blogging Tips	English	12:26 AM 03:26 AM 06:25 AM 09:25 AM 12:25 PM 03:25 PM 06:24 PM 09:24 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-1	Hindi	12:27 AM 03:27 AM 06:26 AM 09:26 AM 12:26 PM 03:26 PM 06:25 PM 09:25 PM
Cultural Heritage: Art, Music & Dance	Butterfly Hide And Seek	English	12:52 AM 03:51 AM 06:51 AM 09:51 AM 12:51 PM 03:50 PM 06:50 PM 09:50 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 1	Hindi	12:56 AM 03:55 AM 06:55 AM 09:55 AM 12:55 PM 03:54 PM 06:54 PM 09:54 PM



General	E-Waste Management: Film 2	English	01:28 AM 04:28 AM 07:28 AM 10:27 AM 01:27 PM 04:27 PM 07:27 PM 10:26 PM
Language (English)	English: Chapter 11: The Proposal	English	01:37 AM 04:37 AM 07:37 AM 10:36 AM 01:36 PM 04:36 PM 07:36 PM 10:35 PM
General	Growth & Health (H)	Hindi	02:04 AM 05:04 AM 08:04 AM 11:03 AM 02:03 PM 05:03 PM 08:02 PM 11:02 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-III	English	02:08 AM 05:08 AM 08:08 AM 11:08 AM 02:07 PM 05:07 PM 08:07 PM 11:07 PM
Cyber Security	Tips to avoid Lottery Scams	English	02:37 AM 05:36 AM 08:36 AM 11:36 AM 02:35 PM 05:35 PM 08:35 PM 11:35 PM
Science	Science: Chp-4: Carbon and its Compounds Part-1	English	02:37 AM 05:37 AM 08:37 AM 11:37 AM 02:36 PM 05:36 PM 08:36 PM 11:36 PM
बृहस्पतिवार, 21 मई 2026 Thursday, 21 May 2026			
हिंदी	हिंदी : पाठ-14: मञ्जु भंडारी: एक कहानी यह भी-2	Hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:01 PM 03:01 PM 06:01 PM 09:01 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-2	Hindi	12:34 AM 03:34 AM 06:34 AM 09:35 AM 12:35 PM 03:35 PM 06:35 PM 09:36 PM
Cyber Security	Browser Practices: Best Practices	English	12:57 AM 03:57 AM 06:57 AM 09:57 AM 12:58 PM 03:58 PM 06:58 PM 09:58 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 2	Hindi	12:58 AM 03:58 AM 06:58 AM 09:58 AM 12:59 PM 03:59 PM 06:59 PM 09:59 PM
Language (English)	English: Chapter 11: Discussion on the theme of the Play 'The Proposal'	English	01:32 AM 04:32 AM 07:33 AM 10:33 AM 01:33 PM 04:33 PM 07:34 PM 10:34 PM
General	MOTHER EARTH Prakriti English	English	02:05 AM 05:05 AM 08:05 AM 11:05 AM 02:06 PM 05:06 PM 08:06 PM 11:06 PM



Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World-1	English	02:07 AM 05:07 AM 08:07 AM 11:07 AM 02:08 PM 05:08 PM 08:08 PM 11:08 PM
Science	Science: Chp-4: Carbon and its Compounds Part-2	English	02:30 AM 05:30 AM 08:30 AM 11:31 AM 02:31 PM 05:31 PM 08:31 PM 11:32 PM
शुक्रवार, 22 मई 2026 Friday, 22 May 2026			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-2	Sanskrit	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:03 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-1	Hindi	12:30 AM 03:30 AM 06:31 AM 09:32 AM 12:32 PM 03:33 PM 06:33 PM 09:34 PM
सामान्य	भद्रासना	हिन्दी	12:52 AM 03:52 AM 06:53 AM 09:53 AM 12:54 PM 03:54 PM 06:55 PM 09:56 PM
गणित	गणित: पाठ-3: दो चर वाले रेखिक समीकरण युग्म भाग-1	Hindi	12:54 AM 03:54 AM 06:55 AM 09:56 AM 12:56 PM 03:57 PM 06:57 PM 09:58 PM
General	Safe Use of Internet (E)	English	01:27 AM 04:27 AM 07:28 AM 10:28 AM 01:29 PM 04:29 PM 07:30 PM 10:30 PM
Social Science (Geography)	S.Sc (Geo): Ch-1: Resources and Development-1	English	01:32 AM 04:33 AM 07:34 AM 10:34 AM 01:35 PM 04:35 PM 07:36 PM 10:36 PM
General	Growing up Healthy	English	02:01 AM 05:01 AM 08:02 AM 11:02 AM 02:03 PM 05:04 PM 08:04 PM 11:05 PM
Mathematics	Maths: Chap 14: Statistics-1	English	02:05 AM 05:05 AM 08:06 AM 11:07 AM 02:07 PM 05:08 PM 08:08 PM 11:09 PM
General	Health And Sanitaion (E)	English	02:29 AM 05:30 AM 08:30 AM 11:31 AM 02:31 PM 05:32 PM 08:33 PM 11:33 PM
Science	Science: Chapter-4 Carbon and its Compounds Part-3	English	02:35 AM 05:36 AM 08:37 AM 11:37 AM 02:38 PM 05:38 PM 08:39 PM 11:39 PM



शनिवार, 23 मई 2026

Saturday, 23 May 2026

संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-3	Sanskrit	12:00 AM 03:03 AM 06:07 AM 09:10 AM 12:14 PM 03:18 PM 06:21 PM 09:25 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:27 AM 03:31 AM 06:35 AM 09:38 AM 12:42 PM 03:45 PM 06:49 PM 09:53 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-2	Hindi	12:28 AM 03:31 AM 06:35 AM 09:39 AM 12:42 PM 03:46 PM 06:49 PM 09:53 PM
General	Nadishodhan Pranayam	English	12:58 AM 04:01 AM 07:05 AM 10:09 AM 01:12 PM 04:16 PM 07:19 PM 10:23 PM
गणित	गणित: पाठ-15: प्रायिकता	Hindi	01:01 AM 04:05 AM 07:08 AM 10:12 AM 01:16 PM 04:19 PM 07:23 PM 10:26 PM
Social Science (Geography)	S.Sc (Geo.): Ch-1: Resources and Development-2	English	01:38 AM 04:41 AM 07:45 AM 10:48 AM 01:52 PM 04:56 PM 07:59 PM 11:03 PM
General	E-Waste Management: Block 4.2	English	02:07 AM 05:11 AM 08:14 AM 11:18 AM 02:21 PM 05:25 PM 08:29 PM 11:32 PM
Mathematics	Maths: Chap 14: Statistics-2	English	02:19 AM 05:23 AM 08:26 AM 11:30 AM 02:33 PM 05:37 PM 08:41 PM 11:44 PM
सामान्य	Sustainable Food Systems Adopted	हिन्दी	02:41 AM 05:44 AM 08:48 AM 11:52 AM 02:55 PM 05:59 PM 09:02 PM
Science	Science: Chp 3:Metals	English	02:41 AM 05:45 AM 08:48 AM 11:52 AM 02:56 PM 05:59 PM 09:03 PM
रविवार, 24 मई 2026			
Sunday, 24 May 2026			
Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:03 PM 06:04 PM 09:05 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

General	Gender Equality	English	12:26 AM 03:27 AM 06:27 AM 09:28 AM 12:29 PM 03:30 PM 06:30 PM 09:31 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-5: उपभोक्ता अधिकार	Hindi	12:33 AM 03:34 AM 06:34 AM 09:35 AM 12:36 PM 03:37 PM 06:38 PM 09:38 PM
General	E-Waste Management: Block 3	English	12:51 AM 03:52 AM 06:52 AM 09:53 AM 12:54 PM 03:55 PM 06:55 PM 09:56 PM
विज्ञान	विज्ञान: पाठ-4: कार्बन एवं उसके यौगिक	Hindi	01:09 AM 04:10 AM 07:10 AM 10:11 AM 01:12 PM 04:13 PM 07:14 PM 10:14 PM
General	Functions of Wetlands and their Biophysical characteristics	English	01:38 AM 04:39 AM 07:39 AM 10:40 AM 01:41 PM 04:42 PM 07:43 PM 10:43 PM
Social Science (Economics)	So. Sci. (Eco): Chp 4: Globalisation and the Indian Economy	English	01:50 AM 04:51 AM 07:52 AM 10:53 AM 01:54 PM 04:54 PM 07:55 PM 10:56 PM
ENVIRONMENT	Life in Woods	English	02:09 AM 05:10 AM 08:11 AM 11:12 AM 02:13 PM 05:13 PM 08:14 PM 11:15 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:25 AM 05:25 AM 08:26 AM 11:27 AM 02:28 PM 05:28 PM 08:29 PM 11:30 PM
सोमवार, 25 मई 2026 Monday, 25 May 2026			
हिंदी	हिंदी : पाठ-12: लखनवीं अंदाज़	Hindi	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:57 AM 02:56 PM 05:55 PM 08:54 PM 11:54 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	Hindi	12:20 AM 03:20 AM 06:19 AM 09:18 AM 12:17 PM 03:17 PM 06:16 PM 09:15 PM
General	Safety and Security (E)	English	12:47 AM 03:46 AM 06:46 AM 09:45 AM 12:44 PM 03:44 PM 06:43 PM 09:42 PM
विज्ञान	विज्ञान: पाठ-6: जैव प्रक्रम-1	Hindi	12:53 AM 03:52 AM 06:51 AM 09:51 AM 12:50 PM 03:49 PM 06:49 PM 09:48 PM



Language (English)	English: Ch 1 : A Letter to God	English	01:15 AM 04:14 AM 07:14 AM 10:13 AM 01:12 PM 04:12 PM 07:11 PM 10:10 PM
सामान्य	मदिरों की माला भुवनेश्वर	Hindi	01:39 AM 04:38 AM 07:37 AM 10:36 AM 01:36 PM 04:35 PM 07:34 PM 10:34 PM
Mathematics	Maths: Chap 14: Statistics-3	English	01:59 AM 04:58 AM 07:58 AM 10:57 AM 01:56 PM 04:55 PM 07:55 PM 10:54 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen Nalanda	Hindi	02:25 AM 05:25 AM 08:24 AM 11:23 AM 02:22 PM 05:22 PM 08:21 PM 11:20 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:31 AM 05:30 AM 08:29 AM 11:28 AM 02:28 PM 05:27 PM 08:26 PM 11:26 PM
General	E-Waste Management: Film 2	English	02:50 AM 05:49 AM 08:48 AM 11:48 AM 02:47 PM 05:46 PM 08:45 PM 11:45 PM
मंगलवार, 26 मई 2026 Tuesday, 26 May 2026			
हिंदी	हिंदी : पाठ-14: मन्नु भंडारी: एक कहानी यह भी-1	Hindi	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:04 PM 03:05 PM 06:06 PM 09:07 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:26 AM 03:27 AM 06:28 AM 09:29 AM 12:30 PM 03:31 PM 06:33 PM 09:34 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-1	Hindi	12:26 AM 03:28 AM 06:29 AM 09:30 AM 12:31 PM 03:32 PM 06:33 PM 09:34 PM
General	Health And Sanitaion (E)	English	12:53 AM 03:54 AM 06:55 AM 09:56 AM 12:57 PM 03:58 PM 07:00 PM 10:01 PM
विज्ञान	विज्ञान:पाठ-6: जैव प्रक्रम-2	Hindi	12:59 AM 04:00 AM 07:02 AM 10:03 AM 01:04 PM 04:05 PM 07:06 PM 10:07 PM



General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:23 AM 04:25 AM 07:26 AM 10:27 AM 01:28 PM 04:29 PM 07:30 PM 10:31 PM
Language (English)	English: Ch-1: Dust of Snow	English	01:29 AM 04:30 AM 07:32 AM 10:33 AM 01:34 PM 04:35 PM 07:36 PM 10:37 PM
Mathematics	Maths: Chap 14: Statistics-4	English	02:08 AM 05:09 AM 08:10 AM 11:11 AM 02:12 PM 05:13 PM 08:14 PM 11:15 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:30 AM 05:31 AM 08:32 AM 11:33 AM 02:34 PM 05:35 PM 08:36 PM 11:38 PM
General English	Episode 1 Greeting a Friend	English	02:52 AM 05:54 AM 08:55 AM 11:56 AM 02:57 PM 05:58 PM 08:59 PM
बुधवार, 27 मई 2026 Wednesday, 27 May 2026			
हिंदी	हिंदी : पाठ-14: मन्नु भंडारी: एक कहानी यह भी-2	Hindi	12:00 AM 02:57 AM 05:54 AM 08:51 AM 11:49 AM 02:46 PM 05:43 PM 08:40 PM 11:38 PM
General	Women Change the World	English	12:28 AM 03:25 AM 06:22 AM 09:20 AM 12:17 PM 03:14 PM 06:11 PM 09:09 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-4: औद्योगीकरण का युग-1	Hindi	12:34 AM 03:31 AM 06:28 AM 09:25 AM 12:23 PM 03:20 PM 06:17 PM 09:14 PM
General English	Episode 1 Greeting a Friend	English	12:52 AM 03:49 AM 06:47 AM 09:44 AM 12:41 PM 03:38 PM 06:36 PM 09:33 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-2	Hindi	01:00 AM 03:57 AM 06:55 AM 09:52 AM 12:49 PM 03:46 PM 06:44 PM 09:41 PM
General	Management of Wetlands Part -2	English	01:30 AM 04:27 AM 07:24 AM 10:21 AM 01:19 PM 04:16 PM 07:13 PM 10:10 PM
Language (English)	English: Ch-1: Poem- Fire and Ice	English	01:38 AM 04:35 AM 07:32 AM 10:29 AM 01:27 PM 04:24 PM 07:21 PM 10:18 PM



सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:05 AM 05:02 AM 08:00 AM 10:57 AM 01:54 PM 04:52 PM 07:49 PM 10:46 PM
General	Growing up Healthy	English	02:06 AM 05:03 AM 08:00 AM 10:58 AM 01:55 PM 04:52 PM 07:49 PM 10:47 PM
Social Science (History)	So. Sci. (His):Chp 5: Print Culture and the Modern World-2	English	02:10 AM 05:07 AM 08:04 AM 11:02 AM 01:59 PM 04:56 PM 07:54 PM 10:51 PM
Cyber Security	Identity Theft	Hindi	02:34 AM 05:32 AM 08:29 AM 11:26 AM 02:23 PM 05:21 PM 08:18 PM 11:15 PM
Science	Science: Chap 3: Metal and Non-Metal-1	English	02:35 AM 05:32 AM 08:30 AM 11:27 AM 02:24 PM 05:21 PM 08:19 PM 11:16 PM
बृहस्पतिवार, 28 मई 2026 Thursday, 28 May 2026			
हिंदी	हिंदी : पाठ-12: लखनवीं अंदाज़	Hindi	12:00 AM 02:58 AM 05:56 AM 08:55 AM 11:53 AM 02:51 PM 05:50 PM 08:48 PM 11:46 PM
Cyber Security	Data Privacy	Hindi	12:19 AM 03:18 AM 06:16 AM 09:14 AM 12:13 PM 03:11 PM 06:09 PM 09:08 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-4: औद्योगीकरण का युग-2	Hindi	12:20 AM 03:18 AM 06:17 AM 09:15 AM 12:13 PM 03:12 PM 06:10 PM 09:08 PM
General	पारस्परिक संबंध	Hindi	12:45 AM 03:44 AM 06:42 AM 09:40 AM 12:39 PM 03:37 PM 06:36 PM 09:34 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 1	Hindi	12:51 AM 03:49 AM 06:47 AM 09:46 AM 12:44 PM 03:42 PM 06:41 PM 09:39 PM
General English	Episode 2 Greeting an Acquaintance	English	01:23 AM 04:21 AM 07:20 AM 10:18 AM 01:17 PM 04:15 PM 07:13 PM 10:12 PM
Language (English)	English: Chapter 11: The Proposal	English	01:32 AM 04:30 AM 07:29 AM 10:27 AM 01:25 PM 04:24 PM 07:22 PM 10:20 PM



General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:59 AM 04:57 AM 07:55 AM 10:54 AM 01:52 PM 04:51 PM 07:49 PM 10:47 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-I	English	02:05 AM 05:03 AM 08:01 AM 11:00 AM 01:58 PM 04:56 PM 07:55 PM 10:53 PM
Science	Science: Chap 3: Metal and Non-Metal-2	English	02:32 AM 05:30 AM 08:29 AM 11:27 AM 02:25 PM 05:24 PM 08:22 PM 11:20 PM
शुक्रवार, 29 मई 2026 Friday, 29 May 2026			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-1	Sanskrit	12:00 AM 03:01 AM 06:03 AM 09:05 AM 12:07 PM 03:08 PM 06:10 PM 09:12 PM
Cyber Security	Blogging Tips	English	12:26 AM 03:28 AM 06:29 AM 09:31 AM 12:33 PM 03:35 PM 06:36 PM 09:38 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-1	Hindi	12:27 AM 03:29 AM 06:30 AM 09:32 AM 12:34 PM 03:36 PM 06:37 PM 09:39 PM
गणित	गणित: पाठ-4: द्विघात समीकरण - 2	Hindi	01:19 AM 04:21 AM 07:23 AM 10:24 AM 01:26 PM 04:28 PM 07:30 PM 10:31 PM
Cyber Security	Change Passwords like Socks	Hindi	01:53 AM 04:55 AM 07:57 AM 10:59 AM 02:00 PM 05:02 PM 08:04 PM 11:06 PM
Social Science (Geography)	S.Sc (Geo): Ch-1: Resources and Development-1	English	01:54 AM 04:56 AM 07:57 AM 10:59 AM 02:01 PM 05:03 PM 08:04 PM 11:06 PM
Cyber Security	Safe Downloading	English	02:22 AM 05:24 AM 08:26 AM 11:27 AM 02:29 PM 05:31 PM 08:33 PM 11:34 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-1	English	02:23 AM 05:25 AM 08:27 AM 11:28 AM 02:30 PM 05:32 PM 08:34 PM 11:35 PM
Science	Science: Chap 3: Metal and Non-Metal-3	English	02:41 AM 05:43 AM 08:45 AM 11:47 AM 02:48 PM 05:50 PM 08:52 PM 11:54 PM



शनिवार, 30 मई 2026
Saturday, 30 May 2026

संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-2	Sanskrit	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:05 PM 09:05 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:30 AM 03:31 AM 06:31 AM 09:32 AM 12:33 PM 03:34 PM 06:35 PM 09:36 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-2	Hindi	12:30 AM 03:31 AM 06:32 AM 09:33 AM 12:34 PM 03:34 PM 06:35 PM 09:36 PM
General	Nadishodhan Pranayam	English	01:00 AM 04:01 AM 07:02 AM 10:03 AM 01:04 PM 04:04 PM 07:05 PM 10:06 PM
गणित	गणित: पाठ-15: प्रायिकता	Hindi	01:04 AM 04:04 AM 07:05 AM 10:06 AM 01:07 PM 04:08 PM 07:09 PM 10:10 PM
Social Science (Geography)	S.Sc (Geo.): Ch-1: Resources and Development-2	English	01:29 AM 04:30 AM 07:31 AM 10:32 AM 01:33 PM 04:34 PM 07:34 PM 10:35 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-2	English	02:13 AM 05:13 AM 08:14 AM 11:15 AM 02:16 PM 05:17 PM 08:18 PM 11:19 PM
General	E-Waste Management: Film 2	English	02:29 AM 05:30 AM 08:31 AM 11:32 AM 02:33 PM 05:34 PM 08:35 PM 11:35 PM
Science	Science: Chp-4: Carbon and its Compounds Part-1	English	02:39 AM 05:39 AM 08:40 AM 11:41 AM 02:42 PM 05:43 PM 08:44 PM 11:45 PM
रविवार, 31 मई 2026			
Sunday, 31 May 2026			
Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	12:00 AM 02:58 AM 05:56 AM 08:54 AM 11:52 AM 02:50 PM 05:48 PM 08:47 PM 11:45 PM
Cyber Security	Data Privacy	Hindi	12:26 AM 03:24 AM 06:22 AM 09:20 AM 12:18 PM 03:16 PM 06:15 PM 09:13 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-5: उपभोक्ता अधिकार	Hindi	12:26 AM 03:25 AM 06:23 AM 09:21 AM 12:19 PM 03:17 PM 06:15 PM 09:13 PM
General	E-Waste Management: Block 3	English	12:44 AM 03:42 AM 06:41 AM 09:39 AM 12:37 PM 03:35 PM 06:33 PM 09:31 PM
विज्ञान	विज्ञान: पाठ-4: कार्बन एवं उसके यौगिक	Hindi	01:02 AM 04:01 AM 06:59 AM 09:57 AM 12:55 PM 03:53 PM 06:51 PM 09:49 PM
General	Functions of Wetlands and their Biophysical characteristics	English	01:25 AM 04:23 AM 07:21 AM 10:19 AM 01:17 PM 04:15 PM 07:14 PM 10:12 PM
General	Mental Health and Well Being -2	English	01:36 AM 04:34 AM 07:32 AM 10:30 AM 01:29 PM 04:27 PM 07:25 PM 10:23 PM
Social Science (Economics)	So. Sci. (Eco): Chp 4: Globalisation and the Indian Economy	English	01:53 AM 04:51 AM 07:50 AM 10:48 AM 01:46 PM 04:44 PM 07:42 PM 10:40 PM
ENVIRONMENT	Life in Woods	English	02:12 AM 05:10 AM 08:09 AM 11:07 AM 02:05 PM 05:03 PM 08:01 PM 10:59 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:27 AM 05:26 AM 08:24 AM 11:22 AM 02:20 PM 05:18 PM 08:16 PM 11:14 PM
General English	Episode 7 Making Requests 1	English	02:47 AM 05:45 AM 08:43 AM 11:41 AM 02:39 PM 05:37 PM 08:35 PM 11:34 PM

