

कक्षा - 9 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 9

कक्षा - 9 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 9

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
हिन्दी	हिन्दी	गणित	गणित	संस्कृत	Urdu	इतिहास
भूगोल	भूगोल	विज्ञान	विज्ञान	अर्थशास्त्र	हिन्दी	राजनीति विज्ञान
Science	Science	History	History	Mathematics	Political Science	Activities Mathematics/ Science
Mathematics	Mathematics	English	English	Science	Geography	Geography
अर्थशास्त्र	इतिहास	Political Science	Economics	राजनीति विज्ञान	Economics	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 11-12 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 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 - 9 की मासिक कार्यक्रम प्रसारण सारणी
Monthly Program Transmission Schedule of Class - 9

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			
Heatwave	How To Keep Elders Safe From Heatwave?	English	12:00:00 AM 01:56:49 AM 03:53:38 AM 05:50:27 AM 07:47:16 AM 09:44:05 AM 11:40:54 AM 01:37:43 PM 03:34:32 PM 05:31:21 PM 07:28:10 PM 09:24:59 PM 11:21:48 PM
Filler	Health And Sanitation	NA	12:00:40 AM 01:57:29 AM 03:54:18 AM 05:51:07 AM 07:47:56 AM 09:44:45 AM 11:41:34 AM 01:38:23 PM 03:35:12 PM 05:32:01 PM 07:28:50 PM 09:25:39 PM 11:22:28 PM
General	Class 9, General, E-Waste Management: Film 1	NA	12:07:01 AM 02:03:50 AM 04:00:39 AM 05:57:28 AM 07:54:17 AM 09:51:06 AM 11:47:55 AM 01:44:44 PM 03:41:33 PM 05:38:22 PM 07:35:11 PM 09:32:00 PM 11:28:49 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	12:14:33 AM 02:11:22 AM 04:08:11 AM 06:05:00 AM 08:01:49 AM 09:58:38 AM 11:55:27 AM 01:52:16 PM 03:49:05 PM 05:45:54 PM 07:42:43 PM 09:39:32 PM 11:36:21 PM
Science (General)	Class 9, Science (General), Management of Wetlands Part -1	English	12:20:50 AM 02:17:39 AM 04:14:28 AM 06:11:17 AM 08:08:06 AM 10:04:55 AM 12:01:44 PM 01:58:33 PM 03:55:22 PM 05:52:11 PM 07:49:00 PM 09:45:49 PM 11:42:38 PM



DD Free Dish Channel #31



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2030

सामान्य	आओ सैर करें- मणिपुर	NA	12:32:24 AM 02:29:13 AM 04:26:02 AM 06:22:51 AM 08:19:40 AM 10:16:29 AM 12:13:18 PM 02:10:07 PM 04:06:56 PM 06:03:45 PM 08:00:34 PM 09:57:23 PM 11:54:12 PM
कहानी	गुलज़ार बच्चों के साथ	NA	12:38:22 AM 02:35:11 AM 04:32:00 AM 06:28:49 AM 08:25:38 AM 10:22:27 AM 12:19:16 PM 02:16:05 PM 04:12:54 PM 06:09:43 PM 08:06:32 PM 10:03:21 PM
Filler	उष्मीय लहर (Heatwave)	Hindi	12:51:00 AM 02:47:49 AM 04:44:38 AM 06:41:27 AM 08:38:16 AM 10:35:05 AM 12:31:54 PM 02:28:43 PM 04:25:32 PM 06:22:21 PM 08:19:10 PM 10:15:59 PM
स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	जुडो पॉइंट-१	NA	01:21:33 AM 03:18:22 AM 05:15:11 AM 07:12:00 AM 09:08:49 AM 11:05:38 AM 01:02:27 PM 02:59:16 PM 04:56:05 PM 06:52:54 PM 08:49:43 PM 10:46:32 PM
Filler	Safety and security	NA	01:37:30 AM 03:34:19 AM 05:31:08 AM 07:27:57 AM 09:24:46 AM 11:21:35 AM 01:18:24 PM 03:15:13 PM 05:12:02 PM 07:08:51 PM 09:05:40 PM 11:02:29 PM
Heatwave	Cool Roof Technology Surkhi Concrete	English	01:43:09 AM 03:39:58 AM 05:36:47 AM 07:33:36 AM 09:30:25 AM 11:27:14 AM 01:24:03 PM 03:20:52 PM 05:17:41 PM 07:14:30 PM 09:11:19 PM 11:08:08 PM
Filler	लैंगिक समानता	हिन्दी	01:48:47 AM 03:45:36 AM 05:42:25 AM 07:39:14 AM 09:36:03 AM 11:32:52 AM 01:29:41 PM 03:26:30 PM 05:23:19 PM 07:20:08 PM 09:16:57 PM 11:13:46 PM
Heatwave	How To Stay Safe During Heatwave?	English	01:56:09 AM 03:52:58 AM 05:49:47 AM 07:46:36 AM 09:43:25 AM 11:40:14 AM 01:37:03 PM 03:33:52 PM 05:30:41 PM 07:27:30 PM 09:24:19 PM 11:21:08 PM



शनिवार, 02 मई 2026

Saturday, 02 May 2026

Heatwave	How To Keep Animals Safe from Heatwave?	English	12:00:00 AM 02:33:49 AM 05:07:38 AM 07:41:27 AM 10:15:16 AM 12:49:05 PM 03:22:54 PM 05:56:43 PM 08:30:32 PM 11:04:21 PM
Science (General)	Evaporation	English	12:00:40 AM 02:34:29 AM 05:08:18 AM 07:42:07 AM 10:15:56 AM 12:49:45 PM 03:23:34 PM 05:57:23 PM 08:31:12 PM 11:05:01 PM
सामान्य	भोजन यात्रा- ग्रास से विकास	NA	12:07:18 AM 02:41:07 AM 05:14:56 AM 07:48:45 AM 10:22:34 AM 12:56:23 PM 03:30:12 PM 06:04:01 PM 08:37:50 PM 11:11:39 PM
General English	Episode 2 Greeting an Acquaintance	NA	12:19:13 AM 02:53:02 AM 05:26:51 AM 08:00:40 AM 10:34:29 AM 01:08:18 PM 03:42:07 PM 06:15:56 PM 08:49:45 PM 11:23:34 PM
Filler	उष्णीय लहर (Heatwave)	Hindi	12:28:00 AM 03:01:49 AM 05:35:38 AM 08:09:27 AM 10:43:16 AM 01:17:05 PM 03:50:54 PM 06:24:43 PM 08:58:32 PM 11:32:21 PM
Science (General)	General, Science (General), Functions of Wetlands and their Biophysical characteristics	English	12:58:33 AM 03:32:22 AM 06:06:11 AM 08:40:00 AM 11:13:49 AM 01:47:38 PM 04:21:27 PM 06:55:16 PM 09:29:05 PM
Filler	मूल्य और जिम्मेदार नागरिकता	NA	01:09:53 AM 03:43:42 AM 06:17:31 AM 08:51:20 AM 11:25:09 AM 01:58:58 PM 04:32:47 PM 07:06:36 PM 09:40:25 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	01:15:26 AM 03:49:15 AM 06:23:04 AM 08:56:53 AM 11:30:42 AM 02:04:31 PM 04:38:20 PM 07:12:09 PM 09:45:58 PM
Filler	Gender Equality	NA	01:21:43 AM 03:55:32 AM 06:29:21 AM 09:03:10 AM 11:36:59 AM 02:10:48 PM 04:44:37 PM 07:18:26 PM 09:52:15 PM



DD Free Dish Channel #31



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2030

Filler	Diksha Initiatives Promo for G20	English	01:28:52 AM 04:02:41 AM 06:36:30 AM 09:10:19 AM 11:44:08 AM 02:17:57 PM 04:51:46 PM 07:25:35 PM 09:59:24 PM
Filler	व्यक्तिगत सुरक्षा	NA	01:36:32 AM 04:10:21 AM 06:44:10 AM 09:17:59 AM 11:51:48 AM 02:25:37 PM 04:59:26 PM 07:33:15 PM 10:07:04 PM
Filler	Growing up Healthy	NA	01:53:33 AM 04:27:22 AM 07:01:11 AM 09:35:00 AM 12:08:49 PM 02:42:38 PM 05:16:27 PM 07:50:16 PM 10:24:05 PM
सामान्य	मून एंड आर्टिफिसियल सॅटलाइट	NA	01:57:44 AM 04:31:33 AM 07:05:22 AM 09:39:11 AM 12:13:00 PM 02:46:49 PM 05:20:38 PM 07:54:27 PM 10:28:16 PM
Filler	Safe use of internet	NA	02:14:44 AM 04:48:33 AM 07:22:22 AM 09:56:11 AM 12:30:00 PM 03:03:49 PM 05:37:38 PM 08:11:27 PM 10:45:16 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिटारा	Hindi	02:20:43 AM 04:54:32 AM 07:28:21 AM 10:02:10 AM 12:35:59 PM 03:09:48 PM 05:43:37 PM 08:17:26 PM 10:51:15 PM
रविवार, 03 मई 2026 Sunday, 03 May 2026			
सामान्य	विटामिन ए की कहानी	NA	12:00:00 AM 02:19:32 AM 04:39:04 AM 06:58:36 AM 09:18:08 AM 11:37:40 AM 01:57:12 PM 04:16:44 PM 06:36:16 PM 08:55:48 PM 11:15:20 PM
Filler	Diksha Initiatives Promo for G20	English	12:11:31 AM 02:31:03 AM 04:50:35 AM 07:10:07 AM 09:29:39 AM 11:49:11 AM 02:08:43 PM 04:28:15 PM 06:47:47 PM 09:07:19 PM 11:26:51 PM
Filler	व्यक्तिगत सुरक्षा	NA	12:19:11 AM 02:38:43 AM 04:58:15 AM 07:17:47 AM 09:37:19 AM 11:56:51 AM 02:16:23 PM 04:35:55 PM 06:55:27 PM 09:14:59 PM 11:34:31 PM
सामान्य	मून एंड आर्टिफिसियल सॅटलाइट	NA	12:36:12 AM 02:55:44 AM 05:15:16 AM 07:34:48 AM 09:54:20 AM 12:13:52 PM 02:33:24 PM 04:52:56 PM 07:12:28 PM 09:32:00 PM 11:51:32 PM



Science (General)	What makes a Prism Special	English	12:53:12 AM 03:12:44 AM 05:32:16 AM 07:51:48 AM 10:11:20 AM 12:30:52 PM 02:50:24 PM 05:09:56 PM 07:29:28 PM 09:49:00 PM
Heatwave	Do's and Don'ts when outside during heat wave	English	12:58:05 AM 03:17:37 AM 05:37:09 AM 07:56:41 AM 10:16:13 AM 12:35:45 PM 02:55:17 PM 05:14:49 PM 07:34:21 PM 09:53:53 PM
Filler	Personal Safety	NA	12:59:32 AM 03:19:04 AM 05:38:36 AM 07:58:08 AM 10:17:40 AM 12:37:12 PM 02:56:44 PM 05:16:16 PM 07:35:48 PM 09:55:20 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	01:13:51 AM 03:33:23 AM 05:52:55 AM 08:12:27 AM 10:31:59 AM 12:51:31 PM 03:11:03 PM 05:30:35 PM 07:50:07 PM 10:09:39 PM
स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	जुडो पॉइंट-२	NA	01:27:45 AM 03:47:17 AM 06:06:49 AM 08:26:21 AM 10:45:53 AM 01:05:25 PM 03:24:57 PM 05:44:29 PM 08:04:01 PM 10:23:33 PM
Filler	Nutrition_Health and Sanitation	NA	01:46:06 AM 04:05:38 AM 06:25:10 AM 08:44:42 AM 11:04:14 AM 01:23:46 PM 03:43:18 PM 06:02:50 PM 08:22:22 PM 10:41:54 PM
Heatwave	Help Others Survive Heatwave	English	01:52:27 AM 04:11:59 AM 06:31:31 AM 08:51:03 AM 11:10:35 AM 01:30:07 PM 03:49:39 PM 06:09:11 PM 08:28:43 PM 10:48:15 PM
Filler	Promotion of Healthy Lifestyle	NA	01:53:03 AM 04:12:35 AM 06:32:07 AM 08:51:39 AM 11:11:11 AM 01:30:43 PM 03:50:15 PM 06:09:47 PM 08:29:19 PM 10:48:51 PM
General English	Episode 3 Greeting Strangers	NA	01:58:59 AM 04:18:31 AM 06:38:03 AM 08:57:35 AM 11:17:07 AM 01:36:39 PM 03:56:11 PM 06:15:43 PM 08:35:15 PM 10:54:47 PM



Heatwave	How To Keep Workers Safe From Heatwave	English	02:10:57 AM 04:30:29 AM 06:50:01 AM 09:09:33 AM 11:29:05 AM 01:48:37 PM 04:08:09 PM 06:27:41 PM 08:47:13 PM 11:06:45 PM
Science (General)	Class 9, Science (General), Management of Wetlands Part -2	English	02:11:33 AM 04:31:05 AM 06:50:37 AM 09:10:09 AM 11:29:41 AM 01:49:13 PM 04:08:45 PM 06:28:17 PM 08:47:49 PM 11:07:21 PM
सोमवार, 04 मई 2026 Monday, 04 May 2026			
General	Class 9, General, E-Waste Management: Film 3	NA	12:00:00 AM 01:31:24 AM 03:02:48 AM 04:34:12 AM 06:05:36 AM 07:37:00 AM 09:08:24 AM 10:39:48 AM 12:11:12 PM 01:42:36 PM 03:14:00 PM 04:45:24 PM 06:16:48 PM 07:48:12 PM 09:19:36 PM 10:51:00 PM
Filler	बचाव और सुरक्षा	NA	12:04:44 AM 01:36:08 AM 03:07:32 AM 04:38:56 AM 06:10:20 AM 07:41:44 AM 09:13:08 AM 10:44:32 AM 12:15:56 PM 01:47:20 PM 03:18:44 PM 04:50:08 PM 06:21:32 PM 07:52:56 PM 09:24:20 PM 10:55:44 PM
Filler	Cyberbullying	NA	12:10:26 AM 01:41:50 AM 03:13:14 AM 04:44:38 AM 06:16:02 AM 07:47:26 AM 09:18:50 AM 10:50:14 AM 12:21:38 PM 01:53:02 PM 03:24:26 PM 04:55:50 PM 06:27:14 PM 07:58:38 PM 09:30:02 PM 11:01:26 PM
Filler	Emotional well being and mental health	NA	12:11:37 AM 01:43:01 AM 03:14:25 AM 04:45:49 AM 06:17:13 AM 07:48:37 AM 09:20:01 AM 10:51:25 AM 12:22:49 PM 01:54:13 PM 03:25:37 PM 04:57:01 PM 06:28:25 PM 07:59:49 PM 09:31:13 PM 11:02:37 PM



Filler	Growth & Health	English	12:16:34 AM 01:47:58 AM 03:19:22 AM 04:50:46 AM 06:22:10 AM 07:53:34 AM 09:24:58 AM 10:56:22 AM 12:27:46 PM 01:59:10 PM 03:30:34 PM 05:01:58 PM 06:33:22 PM 08:04:46 PM 09:36:10 PM 11:07:34 PM
Heatwave	लू :गर्म हवा के प्रभाव को कम करना	Hindi	12:20:45 AM 01:52:09 AM 03:23:33 AM 04:54:57 AM 06:26:21 AM 07:57:45 AM 09:29:09 AM 11:00:33 AM 12:31:57 PM 02:03:21 PM 03:34:45 PM 05:06:09 PM 06:37:33 PM 08:08:57 PM 09:40:21 PM 11:11:45 PM
सामान्य	आओ सैर करें -कन्याकुमारी	NA	12:21:25 AM 01:52:49 AM 03:24:13 AM 04:55:37 AM 06:27:01 AM 07:58:25 AM 09:29:49 AM 11:01:13 AM 12:32:37 PM 02:04:01 PM 03:35:25 PM 05:06:49 PM 06:38:13 PM 08:09:37 PM 09:41:01 PM 11:12:25 PM
Cultural Heritage: Art, Music, Dance	Nature in Dance Movements	English	12:27:29 AM 01:58:53 AM 03:30:17 AM 05:01:41 AM 06:33:05 AM 08:04:29 AM 09:35:53 AM 11:07:17 AM 12:38:41 PM 02:10:05 PM 03:41:29 PM 05:12:53 PM 06:44:17 PM 08:15:41 PM 09:47:05 PM 11:18:29 PM
General English	Episode 4 Meeting People: Pleased to meet you	NA	12:34:51 AM 02:06:15 AM 03:37:39 AM 05:09:03 AM 06:40:27 AM 08:11:51 AM 09:43:15 AM 11:14:39 AM 12:46:03 PM 02:17:27 PM 03:48:51 PM 05:20:15 PM 06:51:39 PM 08:23:03 PM 09:54:27 PM 11:25:51 PM
Filler	Yoga - Shalabhasan	NA	12:48:16 AM 02:19:40 AM 03:51:04 AM 05:22:28 AM 06:53:52 AM 08:25:16 AM 09:56:40 AM 11:28:04 AM 12:59:28 PM 02:30:52 PM 04:02:16 PM 05:33:40 PM 07:05:04 PM 08:36:28 PM 10:07:52 PM 11:39:16 PM



Heatwave	How To Stay Safe During Heatwave?	English	01:00:34 AM 02:31:58 AM 04:03:22 AM 05:34:46 AM 07:06:10 AM 08:37:34 AM 10:08:58 AM 11:40:22 AM 01:11:46 PM 02:43:10 PM 04:14:34 PM 05:45:58 PM 07:17:22 PM 08:48:46 PM 10:20:10 PM 11:51:34 PM
General	Lever Around Us	English	01:01:14 AM 02:32:38 AM 04:04:02 AM 05:35:26 AM 07:06:50 AM 08:38:14 AM 10:09:38 AM 11:41:02 AM 01:12:26 PM 02:43:50 PM 04:15:14 PM 05:46:38 PM 07:18:02 PM 08:49:26 PM 10:20:50 PM 11:52:14 PM
Science(General)	Class 9, Science(General), Action force due to ejected gas moves an inflated ballon in opposite direction	NA	01:09:14 AM 02:40:38 AM 04:12:02 AM 05:43:26 AM 07:14:50 AM 08:46:14 AM 10:17:38 AM 11:49:02 AM 01:20:26 PM 02:51:50 PM 04:23:14 PM 05:54:38 PM 07:26:02 PM 08:57:26 PM 10:28:50 PM
सामान्य जागरूकता	ज़रा सोचिये	NA	01:13:19 AM 02:44:43 AM 04:16:07 AM 05:47:31 AM 07:18:55 AM 08:50:19 AM 10:21:43 AM 11:53:07 AM 01:24:31 PM 02:55:55 PM 04:27:19 PM 05:58:43 PM 07:30:07 PM 09:01:31 PM 10:32:55 PM
स्वास्थ्य, शारीरिक शिक्षा, योग , खेल कूद	योग- गोमुखासन	NA	01:17:36 AM 02:49:00 AM 04:20:24 AM 05:51:48 AM 07:23:12 AM 08:54:36 AM 10:26:00 AM 11:57:24 AM 01:28:48 PM 03:00:12 PM 04:31:36 PM 06:03:00 PM 07:34:24 PM 09:05:48 PM 10:37:12 PM
मंगलवार, 05 मई 2026 Tuesday, 05 May 2026			
Heatwave	CoolRoofTechnology Cellulose Fibre	English	12:00:00 AM 01:46:21 AM 03:32:42 AM 05:19:03 AM 07:05:24 AM 08:51:45 AM 10:38:06 AM 12:24:27 PM 02:10:48 PM 03:57:09 PM 05:43:30 PM 07:29:51 PM 09:16:12 PM 11:02:33 PM



Filler	हिंदी शब्दकोष	NA	12:05:58 AM 01:52:19 AM 03:38:40 AM 05:25:01 AM 07:11:22 AM 08:57:43 AM 10:44:04 AM 12:30:25 PM 02:16:46 PM 04:03:07 PM 05:49:28 PM 07:35:49 PM 09:22:10 PM 11:08:31 PM
Filler	Promotion of Healthy Lifestyle	NA	12:23:14 AM 02:09:35 AM 03:55:56 AM 05:42:17 AM 07:28:38 AM 09:14:59 AM 11:01:20 AM 12:47:41 PM 02:34:02 PM 04:20:23 PM 06:06:44 PM 07:53:05 PM 09:39:26 PM 11:25:47 PM
Filler	Emotional well being and mental health	NA	12:29:10 AM 02:15:31 AM 04:01:52 AM 05:48:13 AM 07:34:34 AM 09:20:55 AM 11:07:16 AM 12:53:37 PM 02:39:58 PM 04:26:19 PM 06:12:40 PM 07:59:01 PM 09:45:22 PM 11:31:43 PM
Filler	Growth & Health	English	12:34:07 AM 02:20:28 AM 04:06:49 AM 05:53:10 AM 07:39:31 AM 09:25:52 AM 11:12:13 AM 12:58:34 PM 02:44:55 PM 04:31:16 PM 06:17:37 PM 08:03:58 PM 09:50:19 PM 11:36:40 PM
General English	Episode 5 Giving Advice 1	NA	12:38:18 AM 02:24:39 AM 04:11:00 AM 05:57:21 AM 07:43:42 AM 09:30:03 AM 11:16:24 AM 01:02:45 PM 02:49:06 PM 04:35:27 PM 06:21:48 PM 08:08:09 PM 09:54:30 PM 11:40:51 PM
सामान्य	प्लास्टिक बैग डेमों	NA	12:51:51 AM 02:38:12 AM 04:24:33 AM 06:10:54 AM 07:57:15 AM 09:43:36 AM 11:29:57 AM 01:16:18 PM 03:02:39 PM 04:49:00 PM 06:35:21 PM 08:21:42 PM 10:08:03 PM 11:54:24 PM



Science(General)	Class 9, Science(General), Two children standing on two different carts fitted with wheels thrown and catching a bag of sand and study the consequent motion of their carts	NA	12:59:48 AM 02:46:09 AM 04:32:30 AM 06:18:51 AM 08:05:12 AM 09:51:33 AM 11:37:54 AM 01:24:15 PM 03:10:36 PM 04:56:57 PM 06:43:18 PM 08:29:39 PM 10:16:00 PM
General	Lever Around Us	English	01:04:56 AM 02:51:17 AM 04:37:38 AM 06:23:59 AM 08:10:20 AM 09:56:41 AM 11:43:02 AM 01:29:23 PM 03:15:44 PM 05:02:05 PM 06:48:26 PM 08:34:47 PM 10:21:08 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिढारा	Hindi	01:12:56 AM 02:59:17 AM 04:45:38 AM 06:31:59 AM 08:18:20 AM 10:04:41 AM 11:51:02 AM 01:37:23 PM 03:23:44 PM 05:10:05 PM 06:56:26 PM 08:42:47 PM 10:29:08 PM
Filler	Gender Equality	NA	01:26:02 AM 03:12:23 AM 04:58:44 AM 06:45:05 AM 08:31:26 AM 10:17:47 AM 12:04:08 PM 01:50:29 PM 03:36:50 PM 05:23:11 PM 07:09:32 PM 08:55:53 PM 10:42:14 PM
Filler	Buckle-Up Correctly: Your Safety Matters	English	01:33:11 AM 03:19:32 AM 05:05:53 AM 06:52:14 AM 08:38:35 AM 10:24:56 AM 12:11:17 PM 01:57:38 PM 03:43:59 PM 05:30:20 PM 07:16:41 PM 09:03:02 PM 10:49:23 PM
Filler	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	NA	01:33:44 AM 03:20:05 AM 05:06:26 AM 06:52:47 AM 08:39:08 AM 10:25:29 AM 12:11:50 PM 01:58:11 PM 03:44:32 PM 05:30:53 PM 07:17:14 PM 09:03:35 PM 10:49:56 PM
Filler	Energy Saving	NA	01:39:51 AM 03:26:12 AM 05:12:33 AM 06:58:54 AM 08:45:15 AM 10:31:36 AM 12:17:57 PM 02:04:18 PM 03:50:39 PM



			05:37:00 PM 07:23:21 PM 09:09:42 PM 10:56:03 PM
Science (General)	What makes a Prism Special	English	01:41:28 AM 03:27:49 AM 05:14:10 AM 07:00:31 AM 08:46:52 AM 10:33:13 AM 12:19:34 PM 02:05:55 PM 03:52:16 PM 05:38:37 PM 07:24:58 PM 09:11:19 PM 10:57:40 PM
बुधवार, 06 मई 2026 Wednesday, 06 May 2026			
Heatwave	Protect Yourself From Heatwave In Hilly Regions	English	12:00:00 AM 02:47:16 AM 05:34:32 AM 08:21:48 AM 11:09:04 AM 01:56:20 PM 04:43:36 PM 07:30:52 PM 10:18:08 PM
Filler	Gender Equality	NA	12:00:51 AM 02:48:07 AM 05:35:23 AM 08:22:39 AM 11:09:55 AM 01:57:11 PM 04:44:27 PM 07:31:43 PM 10:18:59 PM
सामान्य	भोजन यात्रा- ग्रास से निकास	NA	12:08:00 AM 02:55:16 AM 05:42:32 AM 08:29:48 AM 11:17:04 AM 02:04:20 PM 04:51:36 PM 07:38:52 PM 10:26:08 PM
General English	Episode 6 Giving Advice 2	NA	12:19:55 AM 03:07:11 AM 05:54:27 AM 08:41:43 AM 11:28:59 AM 02:16:15 PM 05:03:31 PM 07:50:47 PM 10:38:03 PM
Filler	उष्णिय लहर (Heatwave)	Hindi	12:32:38 AM 03:19:54 AM 06:07:10 AM 08:54:26 AM 11:41:42 AM 02:28:58 PM 05:16:14 PM 08:03:30 PM 10:50:46 PM
Science (General)	General, Science (General), Functions of Wetlands and their Biophysical characteristics	English	01:03:11 AM 03:50:27 AM 06:37:43 AM 09:24:59 AM 12:12:15 PM 02:59:31 PM 05:46:47 PM 08:34:03 PM 11:21:19 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	01:14:31 AM 04:01:47 AM 06:49:03 AM 09:36:19 AM 12:23:35 PM 03:10:51 PM 05:58:07 PM 08:45:23 PM 11:32:39 PM

सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	01:20:48 AM 04:08:04 AM 06:55:20 AM 09:42:36 AM 12:29:52 PM 03:17:08 PM 06:04:24 PM 08:51:40 PM 11:38:56 PM
Filler	Diksha Initiatives Promo for G20	English	01:34:42 AM 04:21:58 AM 07:09:14 AM 09:56:30 AM 12:43:46 PM 03:31:02 PM 06:18:18 PM 09:05:34 PM 11:52:50 PM
Filler	व्यक्तिगत सुरक्षा	NA	01:42:22 AM 04:29:38 AM 07:16:54 AM 10:04:10 AM 12:51:26 PM 03:38:42 PM 06:25:58 PM 09:13:14 PM
सामान्य	मून एंड आर्टिफिसियल सेंटलाइट	NA	01:59:23 AM 04:46:39 AM 07:33:55 AM 10:21:11 AM 01:08:27 PM 03:55:43 PM 06:42:59 PM 09:30:15 PM
Filler	Safe use of internet	NA	02:16:23 AM 05:03:39 AM 07:50:55 AM 10:38:11 AM 01:25:27 PM 04:12:43 PM 06:59:59 PM 09:47:15 PM
General	Petrol Pump	NA	02:22:22 AM 05:09:38 AM 07:56:54 AM 10:44:10 AM 01:31:26 PM 04:18:42 PM 07:05:58 PM 09:53:14 PM
सामान्य	विटामिन ए की कहानी	NA	02:35:45 AM 05:23:01 AM 08:10:17 AM 10:57:33 AM 01:44:49 PM 04:32:05 PM 07:19:21 PM 10:06:37 PM
गुरुवार, 07 मई 2026 Thursday, 07 May 2026			
Filler	Fake Job Alert	NA	12:00:00 AM 02:06:06 AM 04:12:12 AM 06:18:18 AM 08:24:24 AM 10:30:30 AM 12:36:36 PM 02:42:42 PM 04:48:48 PM 06:54:54 PM 09:01:00 PM 11:07:06 PM
Filler	Diksha Initiatives Promo for G20	English	12:00:40 AM 02:06:46 AM 04:12:52 AM 06:18:58 AM 08:25:04 AM 10:31:10 AM 12:37:16 PM 02:43:22 PM 04:49:28 PM 06:55:34 PM 09:01:40 PM 11:07:46 PM
Heatwave	Green Net Shading Screen	English	12:08:20 AM 02:14:26 AM 04:20:32 AM 06:26:38 AM 08:32:44 AM 10:38:50 AM 12:44:56 PM 02:51:02 PM 04:57:08 PM 07:03:14 PM 09:09:20 PM 11:15:26 PM



Filler	Beti hindustan ki (bati bachao beti padhao)	NA	12:13:35 AM 02:19:41 AM 04:25:47 AM 06:31:53 AM 08:37:59 AM 10:44:05 AM 12:50:11 PM 02:56:17 PM 05:02:23 PM 07:08:29 PM 09:14:35 PM 11:20:41 PM
स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	कबड्डी	NA	12:23:31 AM 02:29:37 AM 04:35:43 AM 06:41:49 AM 08:47:55 AM 10:54:01 AM 01:00:07 PM 03:06:13 PM 05:12:19 PM 07:18:25 PM 09:24:31 PM 11:30:37 PM
Heatwave	Food & Drink Habits To Protect Yourself From Heatwave	English	12:47:58 AM 02:54:04 AM 05:00:10 AM 07:06:16 AM 09:12:22 AM 11:18:28 AM 01:24:34 PM 03:30:40 PM 05:36:46 PM 07:42:52 PM 09:48:58 PM 11:55:04 PM
Filler	उष्णिय लहर (Heatwave)	Hindi	12:48:47 AM 02:54:53 AM 05:00:59 AM 07:07:05 AM 09:13:11 AM 11:19:17 AM 01:25:23 PM 03:31:29 PM 05:37:35 PM 07:43:41 PM 09:49:47 PM 11:55:53 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिढारा	Hindi	01:19:20 AM 03:25:26 AM 05:31:32 AM 07:37:38 AM 09:43:44 AM 11:49:50 AM 01:55:56 PM 04:02:02 PM 06:08:08 PM 08:14:14 PM 10:20:20 PM
Filler	Emotional well being and mental health	English	01:32:26 AM 03:38:32 AM 05:44:38 AM 07:50:44 AM 09:56:50 AM 12:02:56 PM 02:09:02 PM 04:15:08 PM 06:21:14 PM 08:27:20 PM 10:33:26 PM
General English	Episode 7 Making Requests 1	NA	01:37:23 AM 03:43:29 AM 05:49:35 AM 07:55:41 AM 10:01:47 AM 12:07:53 PM 02:13:59 PM 04:20:05 PM 06:26:11 PM 08:32:17 PM 10:38:23 PM
Filler	Permissible Alcohol Limit: Know the Facts. Drive Sober!	English	01:48:28 AM 03:54:34 AM 06:00:40 AM 08:06:46 AM 10:12:52 AM 12:18:58 PM 02:25:04 PM 04:31:10 PM 06:37:16 PM 08:43:22 PM 10:49:28 PM

Science (General)	Class 9, Science (General), Management of Wetlands Part -1	English	01:49:03 AM 03:55:09 AM 06:01:15 AM 08:07:21 AM 10:13:27 AM 12:19:33 PM 02:25:39 PM 04:31:45 PM 06:37:51 PM 08:43:57 PM 10:50:03 PM
Filler	Reproductive Health and HIV Prevention	NA	02:00:37 AM 04:06:43 AM 06:12:49 AM 08:18:55 AM 10:25:01 AM 12:31:07 PM 02:37:13 PM 04:43:19 PM 06:49:25 PM 08:55:31 PM 11:01:37 PM
शुक्रवार, 08 मई 2026 Friday, 08 May 2026			
Heatwave	Minimising the impact of heat wave	English	12:00:00 AM 01:54:29 AM 03:48:58 AM 05:43:27 AM 07:37:56 AM 09:32:25 AM 11:26:54 AM 01:21:23 PM 03:15:52 PM 05:10:21 PM 07:04:50 PM 08:59:19 PM 10:53:48 PM
Filler	Emotional well being and mental health	English	12:00:40 AM 01:55:09 AM 03:49:38 AM 05:44:07 AM 07:38:36 AM 09:33:05 AM 11:27:34 AM 01:22:03 PM 03:16:32 PM 05:11:01 PM 07:05:30 PM 08:59:59 PM 10:54:28 PM
General English	Episode 1 Greeting a Friend	NA	12:05:37 AM 02:00:06 AM 03:54:35 AM 05:49:04 AM 07:43:33 AM 09:38:02 AM 11:32:31 AM 01:27:00 PM 03:21:29 PM 05:15:58 PM 07:10:27 PM 09:04:56 PM 10:59:25 PM
Filler	Prevention and Management of Substance Misuse	NA	12:13:44 AM 02:08:13 AM 04:02:42 AM 05:57:11 AM 07:51:40 AM 09:46:09 AM 11:40:38 AM 01:35:07 PM 03:29:36 PM 05:24:05 PM 07:18:34 PM 09:13:03 PM 11:07:32 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	12:19:02 AM 02:13:31 AM 04:08:00 AM 06:02:29 AM 07:56:58 AM 09:51:27 AM 11:45:56 AM 01:40:25 PM 03:34:54 PM 05:29:23 PM 07:23:52 PM 09:18:21 PM 11:12:50 PM



Heatwave	How To Keep Elders Safe From Heatwave?	English	12:32:56 AM 02:27:25 AM 04:21:54 AM 06:16:23 AM 08:10:52 AM 10:05:21 AM 11:59:50 AM 01:54:19 PM 03:48:48 PM 05:43:17 PM 07:37:46 PM 09:32:15 PM 11:26:44 PM
Filler	Health And Sanitation	NA	12:33:36 AM 02:28:05 AM 04:22:34 AM 06:17:03 AM 08:11:32 AM 10:06:01 AM 12:00:30 PM 01:54:59 PM 03:49:28 PM 05:43:57 PM 07:38:26 PM 09:32:55 PM 11:27:24 PM
General	Class 9, General, E-Waste Management: Film 1	NA	12:39:57 AM 02:34:26 AM 04:28:55 AM 06:23:24 AM 08:17:53 AM 10:12:22 AM 12:06:51 PM 02:01:20 PM 03:55:49 PM 05:50:18 PM 07:44:47 PM 09:39:16 PM 11:33:45 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	12:47:29 AM 02:41:58 AM 04:36:27 AM 06:30:56 AM 08:25:25 AM 10:19:54 AM 12:14:23 PM 02:08:52 PM 04:03:21 PM 05:57:50 PM 07:52:19 PM 09:46:48 PM 11:41:17 PM
Science (General)	Class 9, Science (General), Management of Wetlands Part -1	English	12:53:46 AM 02:48:15 AM 04:42:44 AM 06:37:13 AM 08:31:42 AM 10:26:11 AM 12:20:40 PM 02:15:09 PM 04:09:38 PM 06:04:07 PM 07:58:36 PM 09:53:05 PM 11:47:34 PM
सामान्य	आओ सैर करें- मणिपुर	NA	01:05:20 AM 02:59:49 AM 04:54:18 AM 06:48:47 AM 08:43:16 AM 10:37:45 AM 12:32:14 PM 02:26:43 PM 04:21:12 PM 06:15:41 PM 08:10:10 PM 10:04:39 PM 11:59:08 PM
कहानी	गुलज़ार बच्चों के साथ	NA	01:11:18 AM 03:05:47 AM 05:00:16 AM 06:54:45 AM 08:49:14 AM 10:43:43 AM 12:38:12 PM 02:32:41 PM 04:27:10 PM 06:21:39 PM 08:16:08 PM 10:10:37 PM

Filler	उष्मीय लहर (Heatwave)	Hindi	01:23:56 AM 03:18:25 AM 05:12:54 AM 07:07:23 AM 09:01:52 AM 10:56:21 AM 12:50:50 PM 02:45:19 PM 04:39:48 PM 06:34:17 PM 08:28:46 PM 10:23:15 PM
शनिवार, 09 मई 2026 Saturday, 09 May 2026			
Science (General)	Evaporation	English	12:00:00 AM 02:14:04 AM 04:28:08 AM 06:42:12 AM 08:56:16 AM 11:10:20 AM 01:24:24 PM 03:38:28 PM 05:52:32 PM 08:06:36 PM 10:20:40 PM
सामान्य	भोजन यात्रा- ग्रास से निकास	NA	12:06:38 AM 02:20:42 AM 04:34:46 AM 06:48:50 AM 09:02:54 AM 11:16:58 AM 01:31:02 PM 03:45:06 PM 05:59:10 PM 08:13:14 PM 10:27:18 PM
General English	Episode 2 Greeting an Acquaintance	NA	12:18:33 AM 02:32:37 AM 04:46:41 AM 07:00:45 AM 09:14:49 AM 11:28:53 AM 01:42:57 PM 03:57:01 PM 06:11:05 PM 08:25:09 PM 10:39:13 PM
Filler	उष्मीय लहर (Heatwave)	Hindi	12:27:20 AM 02:41:24 AM 04:55:28 AM 07:09:32 AM 09:23:36 AM 11:37:40 AM 01:51:44 PM 04:05:48 PM 06:19:52 PM 08:33:56 PM 10:48:00 PM
Science (General)	General, Science (General), Functions of Wetlands and their Biophysical characteristics	English	12:57:53 AM 03:11:57 AM 05:26:01 AM 07:40:05 AM 09:54:09 AM 12:08:13 PM 02:22:17 PM 04:36:21 PM 06:50:25 PM 09:04:29 PM 11:18:33 PM
Filler	मूल्य और जिम्मेदार नागरिकता	NA	01:09:13 AM 03:23:17 AM 05:37:21 AM 07:51:25 AM 10:05:29 AM 12:19:33 PM 02:33:37 PM 04:47:41 PM 07:01:45 PM 09:15:49 PM 11:29:53 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	01:14:46 AM 03:28:50 AM 05:42:54 AM 07:56:58 AM 10:11:02 AM 12:25:06 PM



			02:39:10 PM 04:53:14 PM 07:07:18 PM 09:21:22 PM 11:35:26 PM
Filler	Gender Equality	NA	01:21:03 AM 03:35:07 AM 05:49:11 AM 08:03:15 AM 10:17:19 AM 12:31:23 PM 02:45:27 PM 04:59:31 PM 07:13:35 PM 09:27:39 PM 11:41:43 PM
Filler	Diksha Initiatives Promo for G20	English	01:28:12 AM 03:42:16 AM 05:56:20 AM 08:10:24 AM 10:24:28 AM 12:38:32 PM 02:52:36 PM 05:06:40 PM 07:20:44 PM 09:34:48 PM 11:48:52 PM
Filler	व्यक्तिगत सुरक्षा	NA	01:35:52 AM 03:49:56 AM 06:04:00 AM 08:18:04 AM 10:32:08 AM 12:46:12 PM 03:00:16 PM 05:14:20 PM 07:28:24 PM 09:42:28 PM 11:56:32 PM
Filler	Growing up Healthy	NA	01:52:53 AM 04:06:57 AM 06:21:01 AM 08:35:05 AM 10:49:09 AM 01:03:13 PM 03:17:17 PM 05:31:21 PM 07:45:25 PM 09:59:29 PM
सामान्य	मून एंड आर्टिफिसियल सेटलाइट	NA	01:57:04 AM 04:11:08 AM 06:25:12 AM 08:39:16 AM 10:53:20 AM 01:07:24 PM 03:21:28 PM 05:35:32 PM 07:49:36 PM 10:03:40 PM
रविवार, 10 मई 2026 Sunday, 10 May 2026			
Filler	व्यक्तिगत सुरक्षा	NA	12:00:00 AM 01:52:22 AM 03:44:44 AM 05:37:06 AM 07:29:28 AM 09:21:50 AM 11:14:12 AM 01:06:34 PM 02:58:56 PM 04:51:18 PM 06:43:40 PM 08:36:02 PM 10:28:24 PM
सामान्य	मून एंड आर्टिफिसियल सेटलाइट	NA	12:17:01 AM 02:09:23 AM 04:01:45 AM 05:54:07 AM 07:46:29 AM 09:38:51 AM 11:31:13 AM 01:23:35 PM 03:15:57 PM 05:08:19 PM 07:00:41 PM 08:53:03 PM 10:45:25 PM



Science (General)	What makes a Prism Special	English	12:34:01 AM 02:26:23 AM 04:18:45 AM 06:11:07 AM 08:03:29 AM 09:55:51 AM 11:48:13 AM 01:40:35 PM 03:32:57 PM 05:25:19 PM 07:17:41 PM 09:10:03 PM 11:02:25 PM
Heatwave	Do's and Don'ts when outside during heat wave	English	12:38:54 AM 02:31:16 AM 04:23:38 AM 06:16:00 AM 08:08:22 AM 10:00:44 AM 11:53:06 AM 01:45:28 PM 03:37:50 PM 05:30:12 PM 07:22:34 PM 09:14:56 PM 11:07:18 PM
Filler	Personal Safety	NA	12:40:21 AM 02:32:43 AM 04:25:05 AM 06:17:27 AM 08:09:49 AM 10:02:11 AM 11:54:33 AM 01:46:55 PM 03:39:17 PM 05:31:39 PM 07:24:01 PM 09:16:23 PM 11:08:45 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	12:54:40 AM 02:47:02 AM 04:39:24 AM 06:31:46 AM 08:24:08 AM 10:16:30 AM 12:08:52 PM 02:01:14 PM 03:53:36 PM 05:45:58 PM 07:38:20 PM 09:30:42 PM 11:23:04 PM
स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	जुडो पॉइंट-२	NA	01:08:34 AM 03:00:56 AM 04:53:18 AM 06:45:40 AM 08:38:02 AM 10:30:24 AM 12:22:46 PM 02:15:08 PM 04:07:30 PM 05:59:52 PM 07:52:14 PM 09:44:36 PM 11:36:58 PM
Filler	Nutrition_Health and Sanitation	NA	01:26:55 AM 03:19:17 AM 05:11:39 AM 07:04:01 AM 08:56:23 AM 10:48:45 AM 12:41:07 PM 02:33:29 PM 04:25:51 PM 06:18:13 PM 08:10:35 PM 10:02:57 PM 11:55:19 PM
Heatwave	Help Others Survive Heatwave	English	01:33:16 AM 03:25:38 AM 05:18:00 AM 07:10:22 AM 09:02:44 AM 10:55:06 AM 12:47:28 PM 02:39:50 PM 04:32:12 PM 06:24:34 PM 08:16:56 PM 10:09:18 PM



Filler	Promotion of Healthy Lifestyle	NA	01:33:52 AM 03:26:14 AM 05:18:36 AM 07:10:58 AM 09:03:20 AM 10:55:42 AM 12:48:04 PM 02:40:26 PM 04:32:48 PM 06:25:10 PM 08:17:32 PM 10:09:54 PM
General English	Episode 3 Greeting Strangers	NA	01:39:48 AM 03:32:10 AM 05:24:32 AM 07:16:54 AM 09:09:16 AM 11:01:38 AM 12:54:00 PM 02:46:22 PM 04:38:44 PM 06:31:06 PM 08:23:28 PM 10:15:50 PM
Heatwave	How To Keep Workers Safe From Heatwave	English	01:51:46 AM 03:44:08 AM 05:36:30 AM 07:28:52 AM 09:21:14 AM 11:13:36 AM 01:05:58 PM 02:58:20 PM 04:50:42 PM 06:43:04 PM 08:35:26 PM 10:27:48 PM
सोमवार, 11 मई 2026 Monday, 11 May 2026			
General	Class 9, General, E-Waste Management: Film 3	NA	12:00:00 AM 01:13:19 AM 02:26:38 AM 03:39:57 AM 04:53:16 AM 06:06:35 AM 07:19:54 AM 08:33:13 AM 09:46:32 AM 10:59:51 AM 12:13:10 PM 01:26:29 PM 02:39:48 PM 03:53:07 PM 05:06:26 PM 06:19:45 PM 07:33:04 PM 08:46:23 PM 09:59:42 PM 11:13:01 PM
Filler	बचाव और सुरक्षा	NA	12:04:44 AM 01:18:03 AM 02:31:22 AM 03:44:41 AM 04:58:00 AM 06:11:19 AM 07:24:38 AM 08:37:57 AM 09:51:16 AM 11:04:35 AM 12:17:54 PM 01:31:13 PM 02:44:32 PM 03:57:51 PM 05:11:10 PM 06:24:29 PM 07:37:48 PM 08:51:07 PM 10:04:26 PM 11:17:45 PM
Filler	Cyberbullying	NA	12:10:26 AM 01:23:45 AM 02:37:04 AM 03:50:23 AM 05:03:42 AM 06:17:01 AM 07:30:20 AM 08:43:39 AM 09:56:58 AM 11:10:17 AM 12:23:36 PM 01:36:55 PM 02:50:14 PM 04:03:33 PM 05:16:52 PM 06:30:11 PM 07:43:30 PM 08:56:49 PM 10:10:08 PM 11:23:27 PM



Filler	Emotional well being and mental health	NA	12:11:37 AM 01:24:56 AM 02:38:15 AM 03:51:34 AM 05:04:53 AM 06:18:12 AM 07:31:31 AM 08:44:50 AM 09:58:09 AM 11:11:28 AM 12:24:47 PM 01:38:06 PM 02:51:25 PM 04:04:44 PM 05:18:03 PM 06:31:22 PM 07:44:41 PM 08:58:00 PM 10:11:19 PM 11:24:38 PM
Filler	Growth & Health	English	12:16:34 AM 01:29:53 AM 02:43:12 AM 03:56:31 AM 05:09:50 AM 06:23:09 AM 07:36:28 AM 08:49:47 AM 10:03:06 AM 11:16:25 AM 12:29:44 PM 01:43:03 PM 02:56:22 PM 04:09:41 PM 05:23:00 PM 06:36:19 PM 07:49:38 PM 09:02:57 PM 10:16:16 PM 11:29:35 PM
Heatwave	लू :गर्म हवा के प्रभाव को कम करना	Hindi	12:20:45 AM 01:34:04 AM 02:47:23 AM 04:00:42 AM 05:14:01 AM 06:27:20 AM 07:40:39 AM 08:53:58 AM 10:07:17 AM 11:20:36 AM 12:33:55 PM 01:47:14 PM 03:00:33 PM 04:13:52 PM 05:27:11 PM 06:40:30 PM 07:53:49 PM 09:07:08 PM 10:20:27 PM 11:33:46 PM
सामान्य	आओ सैर करें -कन्याकुमारी	NA	12:21:25 AM 01:34:44 AM 02:48:03 AM 04:01:22 AM 05:14:41 AM 06:28:00 AM 07:41:19 AM 08:54:38 AM 10:07:57 AM 11:21:16 AM 12:34:35 PM 01:47:54 PM 03:01:13 PM 04:14:32 PM 05:27:51 PM 06:41:10 PM 07:54:29 PM 09:07:48 PM 10:21:07 PM 11:34:26 PM
Cultural Heritage: Art, Music, Dance	Nature in Dance Movements	English	12:27:29 AM 01:40:48 AM 02:54:07 AM 04:07:26 AM 05:20:45 AM 06:34:04 AM 07:47:23 AM 09:00:42 AM 10:14:01 AM 11:27:20 AM 12:40:39 PM 01:53:58 PM 03:07:17 PM 04:20:36 PM 05:33:55 PM 06:47:14 PM 08:00:33 PM 09:13:52 PM 10:27:11 PM 11:40:30 PM

General English	Episode 4 Meeting People: Pleased to meet you	NA	12:34:51 AM 01:48:10 AM 03:01:29 AM 04:14:48 AM 05:28:07 AM 06:41:26 AM 07:54:45 AM 09:08:04 AM 10:21:23 AM 11:34:42 AM 12:48:01 PM 02:01:20 PM 03:14:39 PM 04:27:58 PM 05:41:17 PM 06:54:36 PM 08:07:55 PM 09:21:14 PM 10:34:33 PM 11:47:52 PM
Filler	Yoga - Shalabhasan	NA	12:48:16 AM 02:01:35 AM 03:14:54 AM 04:28:13 AM 05:41:32 AM 06:54:51 AM 08:08:10 AM 09:21:29 AM 10:34:48 AM 11:48:07 AM 01:01:26 PM 02:14:45 PM 03:28:04 PM 04:41:23 PM 05:54:42 PM 07:08:01 PM 08:21:20 PM 09:34:39 PM 10:47:58 PM
Heatwave	How To Stay Safe During Heatwave?	English	01:00:34 AM 02:13:53 AM 03:27:12 AM 04:40:31 AM 05:53:50 AM 07:07:09 AM 08:20:28 AM 09:33:47 AM 10:47:06 AM 12:00:25 PM 01:13:44 PM 02:27:03 PM 03:40:22 PM 04:53:41 PM 06:07:00 PM 07:20:19 PM 08:33:38 PM 09:46:57 PM 11:00:16 PM
General	Lever Around Us	English	01:01:14 AM 02:14:33 AM 03:27:52 AM 04:41:11 AM 05:54:30 AM 07:07:49 AM 08:21:08 AM 09:34:27 AM 10:47:46 AM 12:01:05 PM 01:14:24 PM 02:27:43 PM 03:41:02 PM 04:54:21 PM 06:07:40 PM 07:20:59 PM 08:34:18 PM 09:47:37 PM 11:00:56 PM
Science(General)	Class 9, Science(General), Action force due to ejected gas moves an inflated ballon in opposite direction	NA	01:09:14 AM 02:22:33 AM 03:35:52 AM 04:49:11 AM 06:02:30 AM 07:15:49 AM 08:29:08 AM 09:42:27 AM 10:55:46 AM 12:09:05 PM 01:22:24 PM 02:35:43 PM 03:49:02 PM 05:02:21 PM 06:15:40 PM 07:28:59 PM 08:42:18 PM 09:55:37 PM 11:08:56 PM



मंगलवार, 12 मई 2026
Tuesday, 12 May 2026

Heatwave	CoolRoofTechnology Cellulose Fibre	English	12:00:00 AM 01:33:11 AM 03:06:22 AM 04:39:33 AM 06:12:44 AM 07:45:55 AM 09:19:06 AM 10:52:17 AM 12:25:28 PM 01:58:39 PM 03:31:50 PM 05:05:01 PM 06:38:12 PM 08:11:23 PM 09:44:34 PM 11:17:45 PM
Filler	हिंदी शब्दकोष	NA	12:05:58 AM 01:39:09 AM 03:12:20 AM 04:45:31 AM 06:18:42 AM 07:51:53 AM 09:25:04 AM 10:58:15 AM 12:31:26 PM 02:04:37 PM 03:37:48 PM 05:10:59 PM 06:44:10 PM 08:17:21 PM 09:50:32 PM 11:23:43 PM
Filler	Promotion of Healthy Lifestyle	NA	12:23:14 AM 01:56:25 AM 03:29:36 AM 05:02:47 AM 06:35:58 AM 08:09:09 AM 09:42:20 AM 11:15:31 AM 12:48:42 PM 02:21:53 PM 03:55:04 PM 05:28:15 PM 07:01:26 PM 08:34:37 PM 10:07:48 PM 11:40:59 PM
Filler	Emotional well being and mental health	NA	12:29:10 AM 02:02:21 AM 03:35:32 AM 05:08:43 AM 06:41:54 AM 08:15:05 AM 09:48:16 AM 11:21:27 AM 12:54:38 PM 02:27:49 PM 04:01:00 PM 05:34:11 PM 07:07:22 PM 08:40:33 PM 10:13:44 PM 11:46:55 PM
Filler	Growth & Health	English	12:34:07 AM 02:07:18 AM 03:40:29 AM 05:13:40 AM 06:46:51 AM 08:20:02 AM 09:53:13 AM 11:26:24 AM 12:59:35 PM 02:32:46 PM 04:05:57 PM 05:39:08 PM 07:12:19 PM 08:45:30 PM 10:18:41 PM 11:51:52 PM



DD Free Dish Channel #31



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2030

General English	Episode 5 Giving Advice 1	NA	12:38:18 AM 02:11:29 AM 03:44:40 AM 05:17:51 AM 06:51:02 AM 08:24:13 AM 09:57:24 AM 11:30:35 AM 01:03:46 PM 02:36:57 PM 04:10:08 PM 05:43:19 PM 07:16:30 PM 08:49:41 PM 10:22:52 PM 11:56:03 PM
सामान्य	प्लास्टिक बैग डेमों	NA	12:51:51 AM 02:25:02 AM 03:58:13 AM 05:31:24 AM 07:04:35 AM 08:37:46 AM 10:10:57 AM 11:44:08 AM 01:17:19 PM 02:50:30 PM 04:23:41 PM 05:56:52 PM 07:30:03 PM 09:03:14 PM 10:36:25 PM
Science(General)	Class 9, Science(General), Two children standing on two different carts fitted with wheels thrown and catching a bag of sand and study the consequent motion of their carts	NA	12:59:48 AM 02:32:59 AM 04:06:10 AM 05:39:21 AM 07:12:32 AM 08:45:43 AM 10:18:54 AM 11:52:05 AM 01:25:16 PM 02:58:27 PM 04:31:38 PM 06:04:49 PM 07:38:00 PM 09:11:11 PM 10:44:22 PM
General	Lever Around Us	English	01:04:56 AM 02:38:07 AM 04:11:18 AM 05:44:29 AM 07:17:40 AM 08:50:51 AM 10:24:02 AM 11:57:13 AM 01:30:24 PM 03:03:35 PM 04:36:46 PM 06:09:57 PM 07:43:08 PM 09:16:19 PM 10:49:30 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिढारा	Hindi	01:12:56 AM 02:46:07 AM 04:19:18 AM 05:52:29 AM 07:25:40 AM 08:58:51 AM 10:32:02 AM 12:05:13 PM 01:38:24 PM 03:11:35 PM 04:44:46 PM 06:17:57 PM 07:51:08 PM 09:24:19 PM 10:57:30 PM
Filler	Gender Equality	NA	01:26:02 AM 02:59:13 AM 04:32:24 AM 06:05:35 AM 07:38:46 AM 09:11:57 AM 10:45:08 AM 12:18:19 PM 01:51:30 PM 03:24:41 PM 04:57:52 PM 06:31:03 PM 08:04:14 PM 09:37:25 PM 11:10:36 PM



बुधवार, 13 मई 2026
Wednesday, 13 May 2026

Filler	Gender Equality	NA	12:00:00 AM 02:34:54 AM 05:09:48 AM 07:44:42 AM 10:19:36 AM 12:54:30 PM 03:29:24 PM 06:04:18 PM 08:39:12 PM 11:14:06 PM
सामान्य	भोजन यात्रा- ग्रास से निकास	NA	12:07:09 AM 02:42:03 AM 05:16:57 AM 07:51:51 AM 10:26:45 AM 01:01:39 PM 03:36:33 PM 06:11:27 PM 08:46:21 PM 11:21:15 PM
General English	Episode 6 Giving Advice 2	NA	12:19:04 AM 02:53:58 AM 05:28:52 AM 08:03:46 AM 10:38:40 AM 01:13:34 PM 03:48:28 PM 06:23:22 PM 08:58:16 PM 11:33:10 PM
Filler	उष्मीय लहर (Heatwave)	Hindi	12:31:47 AM 03:06:41 AM 05:41:35 AM 08:16:29 AM 10:51:23 AM 01:26:17 PM 04:01:11 PM 06:36:05 PM 09:10:59 PM 11:45:53 PM
Science (General)	General, Science (General), Functions of Wetlands and their Biophysical characteristics	English	01:02:20 AM 03:37:14 AM 06:12:08 AM 08:47:02 AM 11:21:56 AM 01:56:50 PM 04:31:44 PM 07:06:38 PM 09:41:32 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	01:13:40 AM 03:48:34 AM 06:23:28 AM 08:58:22 AM 11:33:16 AM 02:08:10 PM 04:43:04 PM 07:17:58 PM 09:52:52 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	01:19:57 AM 03:54:51 AM 06:29:45 AM 09:04:39 AM 11:39:33 AM 02:14:27 PM 04:49:21 PM 07:24:15 PM 09:59:09 PM
Filler	Diksha Initiatives Promo for G20	English	01:33:51 AM 04:08:45 AM 06:43:39 AM 09:18:33 AM 11:53:27 AM 02:28:21 PM 05:03:15 PM 07:38:09 PM 10:13:03 PM
Filler	व्यक्तिगत सुरक्षा	NA	01:41:31 AM 04:16:25 AM 06:51:19 AM 09:26:13 AM 12:01:07 PM 02:36:01 PM 05:10:55 PM 07:45:49 PM 10:20:43 PM



DD Free Dish Channel #31



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2030

सामान्य	मून एंड आर्टिफिसियल सेंटलाइट	NA	01:58:32 AM 04:33:26 AM 07:08:20 AM 09:43:14 AM 12:18:08 PM 02:53:02 PM 05:27:56 PM 08:02:50 PM 10:37:44 PM
Filler	Safe use of internet	NA	02:15:32 AM 04:50:26 AM 07:25:20 AM 10:00:14 AM 12:35:08 PM 03:10:02 PM 05:44:56 PM 08:19:50 PM 10:54:44 PM
General	Petrol Pump	NA	02:21:31 AM 04:56:25 AM 07:31:19 AM 10:06:13 AM 12:41:07 PM 03:16:01 PM 05:50:55 PM 08:25:49 PM 11:00:43 PM
गुरुवार, 14 मई 2026 Thursday, 14 May 2026			
Heatwave	Green Net Shading Screen	English	12:00:00 AM 02:17:12 AM 04:34:24 AM 06:51:36 AM 09:08:48 AM 11:26:00 AM 01:43:12 PM 04:00:24 PM 06:17:36 PM 08:34:48 PM 10:52:00 PM
Filler	Beti hindustan ki (bati bachao beti padhao)	NA	12:05:15 AM 02:22:27 AM 04:39:39 AM 06:56:51 AM 09:14:03 AM 11:31:15 AM 01:48:27 PM 04:05:39 PM 06:22:51 PM 08:40:03 PM 10:57:15 PM
स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	कबड्डी	NA	12:15:11 AM 02:32:23 AM 04:49:35 AM 07:06:47 AM 09:23:59 AM 11:41:11 AM 01:58:23 PM 04:15:35 PM 06:32:47 PM 08:49:59 PM 11:07:11 PM
Heatwave	Food & Drink Habits To Protect Yourself From Heatwave	English	12:39:38 AM 02:56:50 AM 05:14:02 AM 07:31:14 AM 09:48:26 AM 12:05:38 PM 02:22:50 PM 04:40:02 PM 06:57:14 PM 09:14:26 PM 11:31:38 PM
Filler	उष्णिय लहर (Heatwave)	Hindi	12:40:27 AM 02:57:39 AM 05:14:51 AM 07:32:03 AM 09:49:15 AM 12:06:27 PM 02:23:39 PM 04:40:51 PM 06:58:03 PM 09:15:15 PM 11:32:27 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिटारा	Hindi	01:11:00 AM 03:28:12 AM 05:45:24 AM 08:02:36 AM 10:19:48 AM 12:37:00 PM 02:54:12 PM 05:11:24 PM 07:28:36 PM 09:45:48 PM



Filler	Emotional well being and mental health	English	01:24:06 AM 03:41:18 AM 05:58:30 AM 08:15:42 AM 10:32:54 AM 12:50:06 PM 03:07:18 PM 05:24:30 PM 07:41:42 PM 09:58:54 PM
General English	Episode 7 Making Requests 1	NA	01:29:03 AM 03:46:15 AM 06:03:27 AM 08:20:39 AM 10:37:51 AM 12:55:03 PM 03:12:15 PM 05:29:27 PM 07:46:39 PM 10:03:51 PM
Filler	Permissible Alcohol Limit: Know the Facts. Drive Sober!	English	01:40:08 AM 03:57:20 AM 06:14:32 AM 08:31:44 AM 10:48:56 AM 01:06:08 PM 03:23:20 PM 05:40:32 PM 07:57:44 PM 10:14:56 PM
Science (General)	Class 9, Science (General), Management of Wetlands Part -1	English	01:40:43 AM 03:57:55 AM 06:15:07 AM 08:32:19 AM 10:49:31 AM 01:06:43 PM 03:23:55 PM 05:41:07 PM 07:58:19 PM 10:15:31 PM
Filler	Reproductive Health and HIV Prevention	NA	01:52:17 AM 04:09:29 AM 06:26:41 AM 08:43:53 AM 11:01:05 AM 01:18:17 PM 03:35:29 PM 05:52:41 PM 08:09:53 PM 10:27:05 PM
Filler	व्यक्तिगत सुरक्षा	NA	01:57:46 AM 04:14:58 AM 06:32:10 AM 08:49:22 AM 11:06:34 AM 01:23:46 PM 03:40:58 PM 05:58:10 PM 08:15:22 PM 10:32:34 PM
Filler	Introduction to MISSION LIFE	NA	02:14:47 AM 04:31:59 AM 06:49:11 AM 09:06:23 AM 11:23:35 AM 01:40:47 PM 03:57:59 PM 06:15:11 PM 08:32:23 PM 10:49:35 PM
शुक्रवार, 15 मई 2026 Friday, 15 May 2026			
Heatwave	Minimising the impact of heat wave	English	12:00:00 AM 01:11:18 AM 02:22:36 AM 03:33:54 AM 04:45:12 AM 05:56:30 AM 07:07:48 AM 08:19:06 AM 09:30:24 AM 10:41:42 AM 11:53:00 AM 01:04:18 PM 02:15:36 PM 03:26:54 PM 04:38:12 PM 05:49:30 PM 07:00:48 PM 08:12:06 PM 09:23:24 PM 10:34:42 PM 11:46:00 PM



Filler	Emotional well being and mental health	English	12:00:40 AM 01:11:58 AM 02:23:16 AM 03:34:34 AM 04:45:52 AM 05:57:10 AM 07:08:28 AM 08:19:46 AM 09:31:04 AM 10:42:22 AM 11:53:40 AM 01:04:58 PM 02:16:16 PM 03:27:34 PM 04:38:52 PM 05:50:10 PM 07:01:28 PM 08:12:46 PM 09:24:04 PM 10:35:22 PM 11:46:40 PM
General English	Episode 1 Greeting a Friend	NA	12:05:37 AM 01:16:55 AM 02:28:13 AM 03:39:31 AM 04:50:49 AM 06:02:07 AM 07:13:25 AM 08:24:43 AM 09:36:01 AM 10:47:19 AM 11:58:37 AM 01:09:55 PM 02:21:13 PM 03:32:31 PM 04:43:49 PM 05:55:07 PM 07:06:25 PM 08:17:43 PM 09:29:01 PM 10:40:19 PM 11:51:37 PM
Filler	Prevention and Management of Substance Misuse	NA	12:13:44 AM 01:25:02 AM 02:36:20 AM 03:47:38 AM 04:58:56 AM 06:10:14 AM 07:21:32 AM 08:32:50 AM 09:44:08 AM 10:55:26 AM 12:06:44 PM 01:18:02 PM 02:29:20 PM 03:40:38 PM 04:51:56 PM 06:03:14 PM 07:14:32 PM 08:25:50 PM 09:37:08 PM 10:48:26 PM 11:59:44 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	12:19:02 AM 01:30:20 AM 02:41:38 AM 03:52:56 AM 05:04:14 AM 06:15:32 AM 07:26:50 AM 08:38:08 AM 09:49:26 AM 11:00:44 AM 12:12:02 PM 01:23:20 PM 02:34:38 PM 03:45:56 PM 04:57:14 PM 06:08:32 PM 07:19:50 PM 08:31:08 PM 09:42:26 PM 10:53:44 PM
Heatwave	How To Keep Elders Safe From Heatwave?	English	12:32:56 AM 01:44:14 AM 02:55:32 AM 04:06:50 AM 05:18:08 AM 06:29:26 AM 07:40:44 AM 08:52:02 AM 10:03:20 AM 11:14:38 AM 12:25:56 PM 01:37:14 PM 02:48:32 PM 03:59:50 PM 05:11:08 PM 06:22:26 PM 07:33:44 PM 08:45:02 PM 09:56:20 PM 11:07:38 PM

Filler	Health And Sanitation	NA	12:33:36 AM 01:44:54 AM 02:56:12 AM 04:07:30 AM 05:18:48 AM 06:30:06 AM 07:41:24 AM 08:52:42 AM 10:04:00 AM 11:15:18 AM 12:26:36 PM 01:37:54 PM 02:49:12 PM 04:00:30 PM 05:11:48 PM 06:23:06 PM 07:34:24 PM 08:45:42 PM 09:57:00 PM 11:08:18 PM
General	Class 9, General, E-Waste Management: Film 1	NA	12:39:57 AM 01:51:15 AM 03:02:33 AM 04:13:51 AM 05:25:09 AM 06:36:27 AM 07:47:45 AM 08:59:03 AM 10:10:21 AM 11:21:39 AM 12:32:57 PM 01:44:15 PM 02:55:33 PM 04:06:51 PM 05:18:09 PM 06:29:27 PM 07:40:45 PM 08:52:03 PM 10:03:21 PM 11:14:39 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	12:47:29 AM 01:58:47 AM 03:10:05 AM 04:21:23 AM 05:32:41 AM 06:43:59 AM 07:55:17 AM 09:06:35 AM 10:17:53 AM 11:29:11 AM 12:40:29 PM 01:51:47 PM 03:03:05 PM 04:14:23 PM 05:25:41 PM 06:36:59 PM 07:48:17 PM 08:59:35 PM 10:10:53 PM 11:22:11 PM
Science (General)	Class 9, Science (General), Management of Wetlands Part -1	English	12:53:46 AM 02:05:04 AM 03:16:22 AM 04:27:40 AM 05:38:58 AM 06:50:16 AM 08:01:34 AM 09:12:52 AM 10:24:10 AM 11:35:28 AM 12:46:46 PM 01:58:04 PM 03:09:22 PM 04:20:40 PM 05:31:58 PM 06:43:16 PM 07:54:34 PM 09:05:52 PM 10:17:10 PM 11:28:28 PM
सामान्य	आओ सैर करें- मणिपुर	NA	01:05:20 AM 02:16:38 AM 03:27:56 AM 04:39:14 AM 05:50:32 AM 07:01:50 AM 08:13:08 AM 09:24:26 AM 10:35:44 AM 11:47:02 AM 12:58:20 PM 02:09:38 PM 03:20:56 PM 04:32:14 PM 05:43:32 PM 06:54:50 PM 08:06:08 PM 09:17:26 PM 10:28:44 PM 11:40:02 PM



शनिवार, 16 मई 2026
Saturday, 16 May 2026

Science (General)	Evaporation	English	12:00:00 AM 01:52:53 AM 03:45:46 AM 05:38:39 AM 07:31:32 AM 09:24:25 AM 11:17:18 AM 01:10:11 PM 03:03:04 PM 04:55:57 PM 06:48:50 PM 08:41:43 PM 10:34:36 PM
सामान्य	भोजन यात्रा- ग्रास से निकास	NA	12:06:38 AM 01:59:31 AM 03:52:24 AM 05:45:17 AM 07:38:10 AM 09:31:03 AM 11:23:56 AM 01:16:49 PM 03:09:42 PM 05:02:35 PM 06:55:28 PM 08:48:21 PM 10:41:14 PM
General English	Episode 2 Greeting an Acquaintance	NA	12:18:33 AM 02:11:26 AM 04:04:19 AM 05:57:12 AM 07:50:05 AM 09:42:58 AM 11:35:51 AM 01:28:44 PM 03:21:37 PM 05:14:30 PM 07:07:23 PM 09:00:16 PM 10:53:09 PM
Filler	उष्मीय लहर (Heatwave)	Hindi	12:27:20 AM 02:20:13 AM 04:13:06 AM 06:05:59 AM 07:58:52 AM 09:51:45 AM 11:44:38 AM 01:37:31 PM 03:30:24 PM 05:23:17 PM 07:16:10 PM 09:09:03 PM 11:01:56 PM
Science (General)	General, Science (General), Functions of Wetlands and their Biophysical characteristics	English	12:57:53 AM 02:50:46 AM 04:43:39 AM 06:36:32 AM 08:29:25 AM 10:22:18 AM 12:15:11 PM 02:08:04 PM 04:00:57 PM 05:53:50 PM 07:46:43 PM 09:39:36 PM 11:32:29 PM
Filler	मूल्य और जिम्मेदार नागरिकता	NA	01:09:13 AM 03:02:06 AM 04:54:59 AM 06:47:52 AM 08:40:45 AM 10:33:38 AM 12:26:31 PM 02:19:24 PM 04:12:17 PM 06:05:10 PM 07:58:03 PM 09:50:56 PM 11:43:49 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	01:14:46 AM 03:07:39 AM 05:00:32 AM 06:53:25 AM 08:46:18 AM 10:39:11 AM 12:32:04 PM 02:24:57 PM 04:17:50 PM 06:10:43 PM 08:03:36 PM 09:56:29 PM 11:49:22 PM



Filler	Gender Equality	NA	01:21:03 AM 03:13:56 AM 05:06:49 AM 06:59:42 AM 08:52:35 AM 10:45:28 AM 12:38:21 PM 02:31:14 PM 04:24:07 PM 06:17:00 PM 08:09:53 PM 10:02:46 PM 11:55:39 PM
Filler	Diksha Initiatives Promo for G20	English	01:28:12 AM 03:21:05 AM 05:13:58 AM 07:06:51 AM 08:59:44 AM 10:52:37 AM 12:45:30 PM 02:38:23 PM 04:31:16 PM 06:24:09 PM 08:17:02 PM 10:09:55 PM
Filler	व्यक्तिगत सुरक्षा	NA	01:35:52 AM 03:28:45 AM 05:21:38 AM 07:14:31 AM 09:07:24 AM 11:00:17 AM 12:53:10 PM 02:46:03 PM 04:38:56 PM 06:31:49 PM 08:24:42 PM 10:17:35 PM
रविवार, 17 मई 2026 Sunday, 17 May 2026			
Laboratory experimental demonstration and animation videos	Class 9, Laboratory experimental demonstration and animation videos, Distinguishing Between Solutions	NA	12:00:00 AM 01:26:36 AM 02:53:12 AM 04:19:48 AM 05:46:24 AM 07:13:00 AM 08:39:36 AM 10:06:12 AM 11:32:48 AM 12:59:24 PM 02:26:00 PM 03:52:36 PM 05:19:12 PM 06:45:48 PM 08:12:24 PM 09:39:00 PM 11:05:36 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	टाई एंड डाई	NA	12:15:58 AM 01:42:34 AM 03:09:10 AM 04:35:46 AM 06:02:22 AM 07:28:58 AM 08:55:34 AM 10:22:10 AM 11:48:46 AM 01:15:22 PM 02:41:58 PM 04:08:34 PM 05:35:10 PM 07:01:46 PM 08:28:22 PM 09:54:58 PM 11:21:34 PM
Science (General)	Evaporation	English	12:41:49 AM 02:08:25 AM 03:35:01 AM 05:01:37 AM 06:28:13 AM 07:54:49 AM 09:21:25 AM 10:48:01 AM 12:14:37 PM 01:41:13 PM 03:07:49 PM 04:34:25 PM 06:01:01 PM 07:27:37 PM 08:54:13 PM 10:20:49 PM 11:47:25 PM



सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिढारा	Hindi	12:48:27 AM 02:15:03 AM 03:41:39 AM 05:08:15 AM 06:34:51 AM 08:01:27 AM 09:28:03 AM 10:54:39 AM 12:21:15 PM 01:47:51 PM 03:14:27 PM 04:41:03 PM 06:07:39 PM 07:34:15 PM 09:00:51 PM 10:27:27 PM 11:54:03 PM
Hand Embroiderer	Class 9, Hand Embroiderer, Hand Embroiderer, Unit 4 Session 2: Personal Hygiene and Health	NA	01:01:33 AM 02:28:09 AM 03:54:45 AM 05:21:21 AM 06:47:57 AM 08:14:33 AM 09:41:09 AM 11:07:45 AM 12:34:21 PM 02:00:57 PM 03:27:33 PM 04:54:09 PM 06:20:45 PM 07:47:21 PM 09:13:57 PM 10:40:33 PM
General	Migratory Birds	NA	01:11:48 AM 02:38:24 AM 04:05:00 AM 05:31:36 AM 06:58:12 AM 08:24:48 AM 09:51:24 AM 11:18:00 AM 12:44:36 PM 02:11:12 PM 03:37:48 PM 05:04:24 PM 06:31:00 PM 07:57:36 PM 09:24:12 PM 10:50:48 PM
Filler	Safe Use of Internet_Gadgets and Media	NA	01:14:16 AM 02:40:52 AM 04:07:28 AM 05:34:04 AM 07:00:40 AM 08:27:16 AM 09:53:52 AM 11:20:28 AM 12:47:04 PM 02:13:40 PM 03:40:16 PM 05:06:52 PM 06:33:28 PM 08:00:04 PM 09:26:40 PM 10:53:16 PM
Filler	Health And Sanitation	NA	01:20:15 AM 02:46:51 AM 04:13:27 AM 05:40:03 AM 07:06:39 AM 08:33:15 AM 09:59:51 AM 11:26:27 AM 12:53:03 PM 02:19:39 PM 03:46:15 PM 05:12:51 PM 06:39:27 PM 08:06:03 PM 09:32:39 PM 10:59:15 PM



सोमवार, 18 मई 2026
Monday, 18 May 2026

General	Class 9, General, E-Waste Management: Film 3	NA	12:00:00 AM 01:01:14 AM 02:02:28 AM 03:03:42 AM 04:04:56 AM 05:06:10 AM 06:07:24 AM 07:08:38 AM 08:09:52 AM 09:11:06 AM 10:12:20 AM 11:13:34 AM 12:14:48 PM 01:16:02 PM 02:17:16 PM 03:18:30 PM 04:19:44 PM 05:20:58 PM 06:22:12 PM 07:23:26 PM 08:24:40 PM 09:25:54 PM 10:27:08 PM 11:28:22 PM
Filler	बचाव और सुरक्षा	NA	12:04:44 AM 01:05:58 AM 02:07:12 AM 03:08:26 AM 04:09:40 AM 05:10:54 AM 06:12:08 AM 07:13:22 AM 08:14:36 AM 09:15:50 AM 10:17:04 AM 11:18:18 AM 12:19:32 PM 01:20:46 PM 02:22:00 PM 03:23:14 PM 04:24:28 PM 05:25:42 PM 06:26:56 PM 07:28:10 PM 08:29:24 PM 09:30:38 PM 10:31:52 PM 11:33:06 PM
Filler	Cyberbullying	NA	12:10:26 AM 01:11:40 AM 02:12:54 AM 03:14:08 AM 04:15:22 AM 05:16:36 AM 06:17:50 AM 07:19:04 AM 08:20:18 AM 09:21:32 AM 10:22:46 AM 11:24:00 AM 12:25:14 PM 01:26:28 PM 02:27:42 PM 03:28:56 PM 04:30:10 PM 05:31:24 PM 06:32:38 PM 07:33:52 PM 08:35:06 PM 09:36:20 PM 10:37:34 PM 11:38:48 PM
Filler	Emotional well being and mental health	NA	12:11:37 AM 01:12:51 AM 02:14:05 AM 03:15:19 AM 04:16:33 AM 05:17:47 AM 06:19:01 AM 07:20:15 AM 08:21:29 AM 09:22:43 AM 10:23:57 AM 11:25:11 AM 12:26:25 PM 01:27:39 PM 02:28:53 PM 03:30:07 PM 04:31:21 PM 05:32:35 PM 06:33:49 PM 07:35:03 PM 08:36:17 PM 09:37:31 PM 10:38:45 PM 11:39:59 PM



Filler	Growth & Health	English	12:16:34 AM 01:17:48 AM 02:19:02 AM 03:20:16 AM 04:21:30 AM 05:22:44 AM 06:23:58 AM 07:25:12 AM 08:26:26 AM 09:27:40 AM 10:28:54 AM 11:30:08 AM 12:31:22 PM 01:32:36 PM 02:33:50 PM 03:35:04 PM 04:36:18 PM 05:37:32 PM 06:38:46 PM 07:40:00 PM 08:41:14 PM 09:42:28 PM 10:43:42 PM 11:44:56 PM
Heatwave	लू :गर्म हवा के प्रभाव को कम करना	Hindi	12:20:45 AM 01:21:59 AM 02:23:13 AM 03:24:27 AM 04:25:41 AM 05:26:55 AM 06:28:09 AM 07:29:23 AM 08:30:37 AM 09:31:51 AM 10:33:05 AM 11:34:19 AM 12:35:33 PM 01:36:47 PM 02:38:01 PM 03:39:15 PM 04:40:29 PM 05:41:43 PM 06:42:57 PM 07:44:11 PM 08:45:25 PM 09:46:39 PM 10:47:53 PM 11:49:07 PM
सामान्य	आओ सैर करें -कन्याकुमारी	NA	12:21:25 AM 01:22:39 AM 02:23:53 AM 03:25:07 AM 04:26:21 AM 05:27:35 AM 06:28:49 AM 07:30:03 AM 08:31:17 AM 09:32:31 AM 10:33:45 AM 11:34:59 AM 12:36:13 PM 01:37:27 PM 02:38:41 PM 03:39:55 PM 04:41:09 PM 05:42:23 PM 06:43:37 PM 07:44:51 PM 08:46:05 PM 09:47:19 PM 10:48:33 PM 11:49:47 PM
Cultural Heritage: Art, Music, Dance	Nature in Dance Movements	English	12:27:29 AM 01:28:43 AM 02:29:57 AM 03:31:11 AM 04:32:25 AM 05:33:39 AM 06:34:53 AM 07:36:07 AM 08:37:21 AM 09:38:35 AM 10:39:49 AM 11:41:03 AM 12:42:17 PM 01:43:31 PM 02:44:45 PM 03:45:59 PM 04:47:13 PM 05:48:27 PM 06:49:41 PM 07:50:55 PM 08:52:09 PM 09:53:23 PM 10:54:37 PM 11:55:51 PM



General English	Episode 4 Meeting People: Pleased to meet you	NA	12:34:51 AM 01:36:05 AM 02:37:19 AM 03:38:33 AM 04:39:47 AM 05:41:01 AM 06:42:15 AM 07:43:29 AM 08:44:43 AM 09:45:57 AM 10:47:11 AM 11:48:25 AM 12:49:39 PM 01:50:53 PM 02:52:07 PM 03:53:21 PM 04:54:35 PM 05:55:49 PM 06:57:03 PM 07:58:17 PM 08:59:31 PM 10:00:45 PM 11:01:59 PM
Filler	Yoga - Shalabhasan	NA	12:48:16 AM 01:49:30 AM 02:50:44 AM 03:51:58 AM 04:53:12 AM 05:54:26 AM 06:55:40 AM 07:56:54 AM 08:58:08 AM 09:59:22 AM 11:00:36 AM 12:01:50 PM 01:03:04 PM 02:04:18 PM 03:05:32 PM 04:06:46 PM 05:08:00 PM 06:09:14 PM 07:10:28 PM 08:11:42 PM 09:12:56 PM 10:14:10 PM 11:15:24 PM
Heatwave	How To Stay Safe During Heatwave?	English	01:00:34 AM 02:01:48 AM 03:03:02 AM 04:04:16 AM 05:05:30 AM 06:06:44 AM 07:07:58 AM 08:09:12 AM 09:10:26 AM 10:11:40 AM 11:12:54 AM 12:14:08 PM 01:15:22 PM 02:16:36 PM 03:17:50 PM 04:19:04 PM 05:20:18 PM 06:21:32 PM 07:22:46 PM 08:24:00 PM 09:25:14 PM 10:26:28 PM 11:27:42 PM
मंगलवार, 19 मई 2026 Tuesday, 19 May 2026			
Filler	Prevention and Management of Substance Misuse	NA	12:00:00 AM 01:30:56 AM 03:01:52 AM 04:32:48 AM 06:03:44 AM 07:34:40 AM 09:05:36 AM 10:36:32 AM 12:07:28 PM 01:38:24 PM 03:09:20 PM 04:40:16 PM 06:11:12 PM 07:42:08 PM 09:13:04 PM 10:44:00 PM



सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिढारा	Hindi	12:05:18 AM 01:36:14 AM 03:07:10 AM 04:38:06 AM 06:09:02 AM 07:39:58 AM 09:10:54 AM 10:41:50 AM 12:12:46 PM 01:43:42 PM 03:14:38 PM 04:45:34 PM 06:16:30 PM 07:47:26 PM 09:18:22 PM 10:49:18 PM
Filler	Safe Use of Internet_Gadgets and Media	NA	12:18:24 AM 01:49:20 AM 03:20:16 AM 04:51:12 AM 06:22:08 AM 07:53:04 AM 09:24:00 AM 10:54:56 AM 12:25:52 PM 01:56:48 PM 03:27:44 PM 04:58:40 PM 06:29:36 PM 08:00:32 PM 09:31:28 PM 11:02:24 PM
Filler	Health And Sanitation	NA	12:24:23 AM 01:55:19 AM 03:26:15 AM 04:57:11 AM 06:28:07 AM 07:59:03 AM 09:29:59 AM 11:00:55 AM 12:31:51 PM 02:02:47 PM 03:33:43 PM 05:04:39 PM 06:35:35 PM 08:06:31 PM 09:37:27 PM 11:08:23 PM
General	Class 9, General, E-Waste Management: Film 1	NA	12:30:44 AM 02:01:40 AM 03:32:36 AM 05:03:32 AM 06:34:28 AM 08:05:24 AM 09:36:20 AM 11:07:16 AM 12:38:12 PM 02:09:08 PM 03:40:04 PM 05:11:00 PM 06:41:56 PM 08:12:52 PM 09:43:48 PM 11:14:44 PM
Hand Embroiderer	Class 9, Hand Embroiderer, Hand Embroiderer, Unit 1 Session 1: History and Embriodery Terminology, Part - B	NA	12:38:16 AM 02:09:12 AM 03:40:08 AM 05:11:04 AM 06:42:00 AM 08:12:56 AM 09:43:52 AM 11:14:48 AM 12:45:44 PM 02:16:40 PM 03:47:36 PM 05:18:32 PM 06:49:28 PM 08:20:24 PM 09:51:20 PM 11:22:16 PM



Science (General)	Class 9, Science (General), Management of Wetlands Part -1	English	12:45:53 AM 02:16:49 AM 03:47:45 AM 05:18:41 AM 06:49:37 AM 08:20:33 AM 09:51:29 AM 11:22:25 AM 12:53:21 PM 02:24:17 PM 03:55:13 PM 05:26:09 PM 06:57:05 PM 08:28:01 PM 09:58:57 PM 11:29:53 PM
Story Telling/ Value Education	A Sunrise at Ganga Sagar	NA	12:57:27 AM 02:28:23 AM 03:59:19 AM 05:30:15 AM 07:01:11 AM 08:32:07 AM 10:03:03 AM 11:33:59 AM 01:04:55 PM 02:35:51 PM 04:06:47 PM 05:37:43 PM 07:08:39 PM 08:39:35 PM 10:10:31 PM 11:41:27 PM
सामान्य	आओ सैर करें- मणिपुर	NA	01:12:20 AM 02:43:16 AM 04:14:12 AM 05:45:08 AM 07:16:04 AM 08:47:00 AM 10:17:56 AM 11:48:52 AM 01:19:48 PM 02:50:44 PM 04:21:40 PM 05:52:36 PM 07:23:32 PM 08:54:28 PM 10:25:24 PM 11:56:20 PM
कहानी	गुलज़ार बच्चों के साथ	NA	01:18:18 AM 02:49:14 AM 04:20:10 AM 05:51:06 AM 07:22:02 AM 08:52:58 AM 10:23:54 AM 11:54:50 AM 01:25:46 PM 02:56:42 PM 04:27:38 PM 05:58:34 PM 07:29:30 PM 09:00:26 PM 10:31:22 PM
बुधवार, 20 मई 2026 Wednesday, 20 May 2026			
Heatwave	Protect Yourself From Heatwave In Hilly Regions	English	12:00:00 AM 01:59:23 AM 03:58:46 AM 05:58:09 AM 07:57:32 AM 09:56:55 AM 11:56:18 AM 01:55:41 PM 03:55:04 PM 05:54:27 PM 07:53:50 PM 09:53:13 PM 11:52:36 PM
Filler	Gender Equality	NA	12:00:51 AM 02:00:14 AM 03:59:37 AM 05:59:00 AM 07:58:23 AM 09:57:46 AM 11:57:09 AM 01:56:32 PM 03:55:55 PM 05:55:18 PM 07:54:41 PM 09:54:04 PM 11:53:27 PM



सामान्य	भोजन यात्रा- ग्रास से निकास	NA	12:08:00 AM 02:07:23 AM 04:06:46 AM 06:06:09 AM 08:05:32 AM 10:04:55 AM 12:04:18 PM 02:03:41 PM 04:03:04 PM 06:02:27 PM 08:01:50 PM 10:01:13 PM
General English	Episode 6 Giving Advice 2	NA	12:19:55 AM 02:19:18 AM 04:18:41 AM 06:18:04 AM 08:17:27 AM 10:16:50 AM 12:16:13 PM 02:15:36 PM 04:14:59 PM 06:14:22 PM 08:13:45 PM 10:13:08 PM
Filler	उष्मीय लहर (Heatwave)	Hindi	12:32:38 AM 02:32:01 AM 04:31:24 AM 06:30:47 AM 08:30:10 AM 10:29:33 AM 12:28:56 PM 02:28:19 PM 04:27:42 PM 06:27:05 PM 08:26:28 PM 10:25:51 PM
Science (General)	General, Science (General), Functions of Wetlands and their Biophysical characteristics	English	01:03:11 AM 03:02:34 AM 05:01:57 AM 07:01:20 AM 09:00:43 AM 11:00:06 AM 12:59:29 PM 02:58:52 PM 04:58:15 PM 06:57:38 PM 08:57:01 PM 10:56:24 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	01:14:31 AM 03:13:54 AM 05:13:17 AM 07:12:40 AM 09:12:03 AM 11:11:26 AM 01:10:49 PM 03:10:12 PM 05:09:35 PM 07:08:58 PM 09:08:21 PM 11:07:44 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	01:20:48 AM 03:20:11 AM 05:19:34 AM 07:18:57 AM 09:18:20 AM 11:17:43 AM 01:17:06 PM 03:16:29 PM 05:15:52 PM 07:15:15 PM 09:14:38 PM 11:14:01 PM
Filler	Diksha Initiatives Promo for G20	English	01:34:42 AM 03:34:05 AM 05:33:28 AM 07:32:51 AM 09:32:14 AM 11:31:37 AM 01:31:00 PM 03:30:23 PM 05:29:46 PM 07:29:09 PM 09:28:32 PM 11:27:55 PM
Filler	व्यक्तिगत सुरक्षा	NA	01:42:22 AM 03:41:45 AM 05:41:08 AM 07:40:31 AM 09:39:54 AM 11:39:17 AM 01:38:40 PM 03:38:03 PM 05:37:26 PM 07:36:49 PM 09:36:12 PM 11:35:35 PM



गुरुवार, 21 मई 2026

Thursday, 21 May 2026

Heatwave	Green Net Shading Screen	English	12:00:00 AM 01:52:17 AM 03:44:34 AM 05:36:51 AM 07:29:08 AM 09:21:25 AM 11:13:42 AM 01:05:59 PM 02:58:16 PM 04:50:33 PM 06:42:50 PM 08:35:07 PM 10:27:24 PM
Filler	Beti hindustan ki (bati bachao beti padhao)	NA	12:05:15 AM 01:57:32 AM 03:49:49 AM 05:42:06 AM 07:34:23 AM 09:26:40 AM 11:18:57 AM 01:11:14 PM 03:03:31 PM 04:55:48 PM 06:48:05 PM 08:40:22 PM 10:32:39 PM
स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	कबड्डी	NA	12:15:11 AM 02:07:28 AM 03:59:45 AM 05:52:02 AM 07:44:19 AM 09:36:36 AM 11:28:53 AM 01:21:10 PM 03:13:27 PM 05:05:44 PM 06:58:01 PM 08:50:18 PM 10:42:35 PM
Heatwave	Food & Drink Habits To Protect Yourself From Heatwave	English	12:39:38 AM 02:31:55 AM 04:24:12 AM 06:16:29 AM 08:08:46 AM 10:01:03 AM 11:53:20 AM 01:45:37 PM 03:37:54 PM 05:30:11 PM 07:22:28 PM 09:14:45 PM 11:07:02 PM
Filler	उष्णीय लहर (Heatwave)	Hindi	12:40:27 AM 02:32:44 AM 04:25:01 AM 06:17:18 AM 08:09:35 AM 10:01:52 AM 11:54:09 AM 01:46:26 PM 03:38:43 PM 05:31:00 PM 07:23:17 PM 09:15:34 PM 11:07:51 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिढारा	Hindi	01:11:00 AM 03:03:17 AM 04:55:34 AM 06:47:51 AM 08:40:08 AM 10:32:25 AM 12:24:42 PM 02:16:59 PM 04:09:16 PM 06:01:33 PM 07:53:50 PM 09:46:07 PM 11:38:24 PM
Filler	Emotional well being and mental health	English	01:24:06 AM 03:16:23 AM 05:08:40 AM 07:00:57 AM 08:53:14 AM 10:45:31 AM 12:37:48 PM 02:30:05 PM 04:22:22 PM 06:14:39 PM 08:06:56 PM 09:59:13 PM 11:51:30 PM



DD Free Dish Channel #31



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2030

General English	Episode 7 Making Requests 1	NA	01:29:03 AM 03:21:20 AM 05:13:37 AM 07:05:54 AM 08:58:11 AM 10:50:28 AM 12:42:45 PM 02:35:02 PM 04:27:19 PM 06:19:36 PM 08:11:53 PM 10:04:10 PM 11:56:27 PM
Filler	Permissible Alcohol Limit: Know the Facts. Drive Sober!	English	01:40:08 AM 03:32:25 AM 05:24:42 AM 07:16:59 AM 09:09:16 AM 11:01:33 AM 12:53:50 PM 02:46:07 PM 04:38:24 PM 06:30:41 PM 08:22:58 PM 10:15:15 PM
Science (General)	Class 9, Science (General), Management of Wetlands Part -1	English	01:40:43 AM 03:33:00 AM 05:25:17 AM 07:17:34 AM 09:09:51 AM 11:02:08 AM 12:54:25 PM 02:46:42 PM 04:38:59 PM 06:31:16 PM 08:23:33 PM 10:15:50 PM
शुक्रवार, 22 मई 2026 Friday, 22 May 2026			
Heatwave	Minimising the impact of heat wave	English	12:00:00 AM 12:53:46 AM 01:47:32 AM 02:41:18 AM 03:35:04 AM 04:28:50 AM 05:22:36 AM 06:16:22 AM 07:10:08 AM 08:03:54 AM 08:57:40 AM 09:51:26 AM 10:45:12 AM 11:38:58 AM 12:32:44 PM 01:26:30 PM 02:20:16 PM 03:14:02 PM 04:07:48 PM 05:01:34 PM 05:55:20 PM 06:49:06 PM 07:42:52 PM 08:36:38 PM 09:30:24 PM 10:24:10 PM 11:17:56 PM
Filler	Emotional well being and mental health	English	12:00:40 AM 12:54:26 AM 01:48:12 AM 02:41:58 AM 03:35:44 AM 04:29:30 AM 05:23:16 AM 06:17:02 AM 07:10:48 AM 08:04:34 AM 08:58:20 AM 09:52:06 AM 10:45:52 AM 11:39:38 AM 12:33:24 PM 01:27:10 PM 02:20:56 PM 03:14:42 PM 04:08:28 PM 05:02:14 PM 05:56:00 PM 06:49:46 PM 07:43:32 PM 08:37:18 PM 09:31:04 PM 10:24:50 PM 11:18:36 PM



General English	Episode 1 Greeting a Friend	NA	12:05:37 AM 12:59:23 AM 01:53:09 AM 02:46:55 AM 03:40:41 AM 04:34:27 AM 05:28:13 AM 06:21:59 AM 07:15:45 AM 08:09:31 AM 09:03:17 AM 09:57:03 AM 10:50:49 AM 11:44:35 AM 12:38:21 PM 01:32:07 PM 02:25:53 PM 03:19:39 PM 04:13:25 PM 05:07:11 PM 06:00:57 PM 06:54:43 PM 07:48:29 PM 08:42:15 PM 09:36:01 PM 10:29:47 PM 11:23:33 PM
Filler	Prevention and Management of Substance Misuse	NA	12:13:44 AM 01:07:30 AM 02:01:16 AM 02:55:02 AM 03:48:48 AM 04:42:34 AM 05:36:20 AM 06:30:06 AM 07:23:52 AM 08:17:38 AM 09:11:24 AM 10:05:10 AM 10:58:56 AM 11:52:42 AM 12:46:28 PM 01:40:14 PM 02:34:00 PM 03:27:46 PM 04:21:32 PM 05:15:18 PM 06:09:04 PM 07:02:50 PM 07:56:36 PM 08:50:22 PM 09:44:08 PM 10:37:54 PM 11:31:40 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	12:19:02 AM 01:12:48 AM 02:06:34 AM 03:00:20 AM 03:54:06 AM 04:47:52 AM 05:41:38 AM 06:35:24 AM 07:29:10 AM 08:22:56 AM 09:16:42 AM 10:10:28 AM 11:04:14 AM 11:58:00 AM 12:51:46 PM 01:45:32 PM 02:39:18 PM 03:33:04 PM 04:26:50 PM 05:20:36 PM 06:14:22 PM 07:08:08 PM 08:01:54 PM 08:55:40 PM 09:49:26 PM 10:43:12 PM 11:36:58 PM
Heatwave	How To Keep Elders Safe From Heatwave?	English	12:32:56 AM 01:26:42 AM 02:20:28 AM 03:14:14 AM 04:08:00 AM 05:01:46 AM 05:55:32 AM 06:49:18 AM 07:43:04 AM 08:36:50 AM 09:30:36 AM 10:24:22 AM 11:18:08 AM 12:11:54 PM 01:05:40 PM 01:59:26 PM 02:53:12 PM 03:46:58 PM 04:40:44 PM 05:34:30 PM 06:28:16 PM 07:22:02 PM 08:15:48 PM 09:09:34 PM 10:03:20 PM 10:57:06 PM 11:50:52 PM



Filler	Health And Sanitation	NA	12:33:36 AM 01:27:22 AM 02:21:08 AM 03:14:54 AM 04:08:40 AM 05:02:26 AM 05:56:12 AM 06:49:58 AM 07:43:44 AM 08:37:30 AM 09:31:16 AM 10:25:02 AM 11:18:48 AM 12:12:34 PM 01:06:20 PM 02:00:06 PM 02:53:52 PM 03:47:38 PM 04:41:24 PM 05:35:10 PM 06:28:56 PM 07:22:42 PM 08:16:28 PM 09:10:14 PM 10:04:00 PM 10:57:46 PM 11:51:32 PM
General	Class 9, General, E-Waste Management: Film 1	NA	12:39:57 AM 01:33:43 AM 02:27:29 AM 03:21:15 AM 04:15:01 AM 05:08:47 AM 06:02:33 AM 06:56:19 AM 07:50:05 AM 08:43:51 AM 09:37:37 AM 10:31:23 AM 11:25:09 AM 12:18:55 PM 01:12:41 PM 02:06:27 PM 03:00:13 PM 03:53:59 PM 04:47:45 PM 05:41:31 PM 06:35:17 PM 07:29:03 PM 08:22:49 PM 09:16:35 PM 10:10:21 PM 11:04:07 PM 11:57:53 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	12:47:29 AM 01:41:15 AM 02:35:01 AM 03:28:47 AM 04:22:33 AM 05:16:19 AM 06:10:05 AM 07:03:51 AM 07:57:37 AM 08:51:23 AM 09:45:09 AM 10:38:55 AM 11:32:41 AM 12:26:27 PM 01:20:13 PM 02:13:59 PM 03:07:45 PM 04:01:31 PM 04:55:17 PM 05:49:03 PM 06:42:49 PM 07:36:35 PM 08:30:21 PM 09:24:07 PM 10:17:53 PM 11:11:39 PM
शनिवार, 23 मई 2026 Saturday, 23 May 2026			
Heatwave	How To Keep Animals Safe from Heatwave?	English	12:00:00 AM 01:36:32 AM 03:13:04 AM 04:49:36 AM 06:26:08 AM 08:02:40 AM 09:39:12 AM 11:15:44 AM 12:52:16 PM 02:28:48 PM 04:05:20 PM 05:41:52 PM 07:18:24 PM 08:54:56 PM 10:31:28 PM

Science (General)	Evaporation	English	12:00:40 AM 01:37:12 AM 03:13:44 AM 04:50:16 AM 06:26:48 AM 08:03:20 AM 09:39:52 AM 11:16:24 AM 12:52:56 PM 02:29:28 PM 04:06:00 PM 05:42:32 PM 07:19:04 PM 08:55:36 PM 10:32:08 PM
सामान्य	भोजन यात्रा- ग्रास से निकास	NA	12:07:18 AM 01:43:50 AM 03:20:22 AM 04:56:54 AM 06:33:26 AM 08:09:58 AM 09:46:30 AM 11:23:02 AM 12:59:34 PM 02:36:06 PM 04:12:38 PM 05:49:10 PM 07:25:42 PM 09:02:14 PM 10:38:46 PM
General English	Episode 2 Greeting an Acquaintance	NA	12:19:13 AM 01:55:45 AM 03:32:17 AM 05:08:49 AM 06:45:21 AM 08:21:53 AM 09:58:25 AM 11:34:57 AM 01:11:29 PM 02:48:01 PM 04:24:33 PM 06:01:05 PM 07:37:37 PM 09:14:09 PM 10:50:41 PM
Filler	उष्मीय लहर (Heatwave)	Hindi	12:28:00 AM 02:04:32 AM 03:41:04 AM 05:17:36 AM 06:54:08 AM 08:30:40 AM 10:07:12 AM 11:43:44 AM 01:20:16 PM 02:56:48 PM 04:33:20 PM 06:09:52 PM 07:46:24 PM 09:22:56 PM 10:59:28 PM
Science (General)	General, Science (General), Functions of Wetlands and their Biophysical characteristics	English	12:58:33 AM 02:35:05 AM 04:11:37 AM 05:48:09 AM 07:24:41 AM 09:01:13 AM 10:37:45 AM 12:14:17 PM 01:50:49 PM 03:27:21 PM 05:03:53 PM 06:40:25 PM 08:16:57 PM 09:53:29 PM 11:30:01 PM
Filler	मूल्य और जिम्मेदार नागरिकता	NA	01:09:53 AM 02:46:25 AM 04:22:57 AM 05:59:29 AM 07:36:01 AM 09:12:33 AM 10:49:05 AM 12:25:37 PM 02:02:09 PM 03:38:41 PM 05:15:13 PM 06:51:45 PM 08:28:17 PM 10:04:49 PM 11:41:21 PM



Heatwave	Cool Roof Technology Inverted Earthen Pots	English	01:15:26 AM 02:51:58 AM 04:28:30 AM 06:05:02 AM 07:41:34 AM 09:18:06 AM 10:54:38 AM 12:31:10 PM 02:07:42 PM 03:44:14 PM 05:20:46 PM 06:57:18 PM 08:33:50 PM 10:10:22 PM 11:46:54 PM
Filler	Gender Equality	NA	01:21:43 AM 02:58:15 AM 04:34:47 AM 06:11:19 AM 07:47:51 AM 09:24:23 AM 11:00:55 AM 12:37:27 PM 02:13:59 PM 03:50:31 PM 05:27:03 PM 07:03:35 PM 08:40:07 PM 10:16:39 PM 11:53:11 PM
Filler	Diksha Initiatives Promo for G20	English	01:28:52 AM 03:05:24 AM 04:41:56 AM 06:18:28 AM 07:55:00 AM 09:31:32 AM 11:08:04 AM 12:44:36 PM 02:21:08 PM 03:57:40 PM 05:34:12 PM 07:10:44 PM 08:47:16 PM 10:23:48 PM
रविवार, 24 मई 2026 Sunday, 24 May 2026			
सामान्य	लाइफ साइकिल ऑफ़ ए प्लान्ट	NA	12:00:00 AM 02:19:13 AM 04:38:26 AM 06:57:39 AM 09:16:52 AM 11:36:05 AM 01:55:18 PM 04:14:31 PM 06:33:44 PM 08:52:57 PM 11:12:10 PM
Filler	Safety and security	NA	12:16:20 AM 02:35:33 AM 04:54:46 AM 07:13:59 AM 09:33:12 AM 11:52:25 AM 02:11:38 PM 04:30:51 PM 06:50:04 PM 09:09:17 PM 11:28:30 PM
सामान्य	मून एंड आर्टिफिसियल सॅटलाइट	NA	12:21:59 AM 02:41:12 AM 05:00:25 AM 07:19:38 AM 09:38:51 AM 11:58:04 AM 02:17:17 PM 04:36:30 PM 06:55:43 PM 09:14:56 PM 11:34:09 PM
सामान्य	प्लास्टिक बैग डेमों	NA	12:38:59 AM 02:58:12 AM 05:17:25 AM 07:36:38 AM 09:55:51 AM 12:15:04 PM 02:34:17 PM 04:53:30 PM 07:12:43 PM 09:31:56 PM 11:51:09 PM
सामान्य	रौशनी और रंग	NA	12:46:56 AM 03:06:09 AM 05:25:22 AM 07:44:35 AM 10:03:48 AM 12:23:01 PM



			02:42:14 PM 05:01:27 PM 07:20:40 PM 09:39:53 PM 11:59:06 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	01:02:51 AM 03:22:04 AM 05:41:17 AM 08:00:30 AM 10:19:43 AM 12:38:56 PM 02:58:09 PM 05:17:22 PM 07:36:35 PM 09:55:48 PM
स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	जेवलिन भाग-०२	NA	01:16:45 AM 03:35:58 AM 05:55:11 AM 08:14:24 AM 10:33:37 AM 12:52:50 PM 03:12:03 PM 05:31:16 PM 07:50:29 PM 10:09:42 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	टाई एंड डाई	NA	01:32:25 AM 03:51:38 AM 06:10:51 AM 08:30:04 AM 10:49:17 AM 01:08:30 PM 03:27:43 PM 05:46:56 PM 08:06:09 PM 10:25:22 PM
Science (General)	Evaporation	English	01:58:16 AM 04:17:29 AM 06:36:42 AM 08:55:55 AM 11:15:08 AM 01:34:21 PM 03:53:34 PM 06:12:47 PM 08:32:00 PM 10:51:13 PM
Filler	Personal Safety	NA	02:04:54 AM 04:24:07 AM 06:43:20 AM 09:02:33 AM 11:21:46 AM 01:40:59 PM 04:00:12 PM 06:19:25 PM 08:38:38 PM 10:57:51 PM
सोमवार, 25 मई 2026 Monday, 25 May 2026			
कला और शिल्प	सुंदर फूलों की कहानी	NA	12:00:00 AM 01:10:42 AM 02:21:24 AM 03:32:06 AM 04:42:48 AM 05:53:30 AM 07:04:12 AM 08:14:54 AM 09:25:36 AM 10:36:18 AM 11:47:00 AM 12:57:42 PM 02:08:24 PM 03:19:06 PM 04:29:48 PM 05:40:30 PM 06:51:12 PM 08:01:54 PM 09:12:36 PM 10:23:18 PM 11:34:00 PM
General	I will work & work with courage	NA	12:14:45 AM 01:25:27 AM 02:36:09 AM 03:46:51 AM 04:57:33 AM 06:08:15 AM 07:18:57 AM 08:29:39 AM 09:40:21 AM 10:51:03 AM 12:01:45 PM 01:12:27 PM



			02:23:09 PM 03:33:51 PM 04:44:33 PM 05:55:15 PM 07:05:57 PM 08:16:39 PM 09:27:21 PM 10:38:03 PM 11:48:45 PM
Filler	Cyberbullying	NA	12:17:35 AM 01:28:17 AM 02:38:59 AM 03:49:41 AM 05:00:23 AM 06:11:05 AM 07:21:47 AM 08:32:29 AM 09:43:11 AM 10:53:53 AM 12:04:35 PM 01:15:17 PM 02:25:59 PM 03:36:41 PM 04:47:23 PM 05:58:05 PM 07:08:47 PM 08:19:29 PM 09:30:11 PM 10:40:53 PM 11:51:35 PM
Filler	उपभोक्ता संरक्षण	NA	12:18:46 AM 01:29:28 AM 02:40:10 AM 03:50:52 AM 05:01:34 AM 06:12:16 AM 07:22:58 AM 08:33:40 AM 09:44:22 AM 10:55:04 AM 12:05:46 PM 01:16:28 PM 02:27:10 PM 03:37:52 PM 04:48:34 PM 05:59:16 PM 07:09:58 PM 08:20:40 PM 09:31:22 PM 10:42:04 PM 11:52:46 PM
Filler	Health And Sanitation	NA	12:23:45 AM 01:34:27 AM 02:45:09 AM 03:55:51 AM 05:06:33 AM 06:17:15 AM 07:27:57 AM 08:38:39 AM 09:49:21 AM 11:00:03 AM 12:10:45 PM 01:21:27 PM 02:32:09 PM 03:42:51 PM 04:53:33 PM 06:04:15 PM 07:14:57 PM 08:25:39 PM 09:36:21 PM 10:47:03 PM 11:57:45 PM
General English	Episode 9 Agreeing 1	NA	12:30:06 AM 01:40:48 AM 02:51:30 AM 04:02:12 AM 05:12:54 AM 06:23:36 AM 07:34:18 AM 08:45:00 AM 09:55:42 AM 11:06:24 AM 12:17:06 PM 01:27:48 PM 02:38:30 PM 03:49:12 PM 04:59:54 PM 06:10:36 PM 07:21:18 PM 08:32:00 PM 09:42:42 PM 10:53:24 PM
Filler	Gender Equality	NA	12:41:13 AM 01:51:55 AM 03:02:37 AM 04:13:19 AM 05:24:01 AM 06:34:43 AM 07:45:25 AM 08:56:07 AM 10:06:49 AM 11:17:31 AM 12:28:13 PM 01:38:55 PM 02:49:37 PM 04:00:19 PM 05:11:01 PM



			06:21:43 PM 07:32:25 PM 08:43:07 PM 09:53:49 PM 11:04:31 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिढारा	Hindi	12:48:22 AM 01:59:04 AM 03:09:46 AM 04:20:28 AM 05:31:10 AM 06:41:52 AM 07:52:34 AM 09:03:16 AM 10:13:58 AM 11:24:40 AM 12:35:22 PM 01:46:04 PM 02:56:46 PM 04:07:28 PM 05:18:10 PM 06:28:52 PM 07:39:34 PM 08:50:16 PM 10:00:58 PM 11:11:40 PM
सामान्य जागरूकता	ज़रा सोचिये	NA	01:01:28 AM 02:12:10 AM 03:22:52 AM 04:33:34 AM 05:44:16 AM 06:54:58 AM 08:05:40 AM 09:16:22 AM 10:27:04 AM 11:37:46 AM 12:48:28 PM 01:59:10 PM 03:09:52 PM 04:20:34 PM 05:31:16 PM 06:41:58 PM 07:52:40 PM 09:03:22 PM 10:14:04 PM 11:24:46 PM
Filler	Emotional well being and mental health	NA	01:05:45 AM 02:16:27 AM 03:27:09 AM 04:37:51 AM 05:48:33 AM 06:59:15 AM 08:09:57 AM 09:20:39 AM 10:31:21 AM 11:42:03 AM 12:52:45 PM 02:03:27 PM 03:14:09 PM 04:24:51 PM 05:35:33 PM 06:46:15 PM 07:56:57 PM 09:07:39 PM 10:18:21 PM 11:29:03 PM
मंगलवार, 26 मई 2026 Tuesday, 26 May 2026			
सामान्य	लाइफ साइकिल ऑफ़ ए प्लान्ट	NA	12:00:00 AM 01:08:27 AM 02:16:54 AM 03:25:21 AM 04:33:48 AM 05:42:15 AM 06:50:42 AM 07:59:09 AM 09:07:36 AM 10:16:03 AM 11:24:30 AM 12:32:57 PM 01:41:24 PM 02:49:51 PM 03:58:18 PM 05:06:45 PM 06:15:12 PM 07:23:39 PM 08:32:06 PM 09:40:33 PM 10:49:00 PM 11:57:27 PM



General	I will work & work with courage	NA	12:16:20 AM 01:24:47 AM 02:33:14 AM 03:41:41 AM 04:50:08 AM 05:58:35 AM 07:07:02 AM 08:15:29 AM 09:23:56 AM 10:32:23 AM 11:40:50 AM 12:49:17 PM 01:57:44 PM 03:06:11 PM 04:14:38 PM 05:23:05 PM 06:31:32 PM 07:39:59 PM 08:48:26 PM 09:56:53 PM 11:05:20 PM
Filler	Growth & Health	English	12:19:10 AM 01:27:37 AM 02:36:04 AM 03:44:31 AM 04:52:58 AM 06:01:25 AM 07:09:52 AM 08:18:19 AM 09:26:46 AM 10:35:13 AM 11:43:40 AM 12:52:07 PM 02:00:34 PM 03:09:01 PM 04:17:28 PM 05:25:55 PM 06:34:22 PM 07:42:49 PM 08:51:16 PM 09:59:43 PM 11:08:10 PM
Science (General)	Why is difficult to walk on Sand	English	12:23:21 AM 01:31:48 AM 02:40:15 AM 03:48:42 AM 04:57:09 AM 06:05:36 AM 07:14:03 AM 08:22:30 AM 09:30:57 AM 10:39:24 AM 11:47:51 AM 12:56:18 PM 02:04:45 PM 03:13:12 PM 04:21:39 PM 05:30:06 PM 06:38:33 PM 07:47:00 PM 08:55:27 PM 10:03:54 PM 11:12:21 PM
General English	Episode 1 Greeting a Friend	NA	12:27:53 AM 01:36:20 AM 02:44:47 AM 03:53:14 AM 05:01:41 AM 06:10:08 AM 07:18:35 AM 08:27:02 AM 09:35:29 AM 10:43:56 AM 11:52:23 AM 01:00:50 PM 02:09:17 PM 03:17:44 PM 04:26:11 PM 05:34:38 PM 06:43:05 PM 07:51:32 PM 08:59:59 PM 10:08:26 PM 11:16:53 PM
Cultural Heritage: Art, Music, Dance	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Sikkim	NA	12:36:00 AM 01:44:27 AM 02:52:54 AM 04:01:21 AM 05:09:48 AM 06:18:15 AM 07:26:42 AM 08:35:09 AM 09:43:36 AM 10:52:03 AM 12:00:30 PM 01:08:57 PM 02:17:24 PM 03:25:51 PM 04:34:18 PM 05:42:45 PM 06:51:12 PM 07:59:39 PM 09:08:06 PM 10:16:33 PM 11:25:00 PM

Filler	उपभोक्ता संरक्षण	NA	12:39:00 AM 01:47:27 AM 02:55:54 AM 04:04:21 AM 05:12:48 AM 06:21:15 AM 07:29:42 AM 08:38:09 AM 09:46:36 AM 10:55:03 AM 12:03:30 PM 01:11:57 PM 02:20:24 PM 03:28:51 PM 04:37:18 PM 05:45:45 PM 06:54:12 PM 08:02:39 PM 09:11:06 PM 10:19:33 PM 11:28:00 PM
Science(General)	General, Science(General), Two children standing on two different carts fitted with wheels thrown and catching a bag of sand and study the consequent motion of their carts	NA	12:43:59 AM 01:52:26 AM 03:00:53 AM 04:09:20 AM 05:17:47 AM 06:26:14 AM 07:34:41 AM 08:43:08 AM 09:51:35 AM 11:00:02 AM 12:08:29 PM 01:16:56 PM 02:25:23 PM 03:33:50 PM 04:42:17 PM 05:50:44 PM 06:59:11 PM 08:07:38 PM 09:16:05 PM 10:24:32 PM 11:32:59 PM
Cultural Heritage: Art, Music, Dance	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Sikkim	NA	12:49:07 AM 01:57:34 AM 03:06:01 AM 04:14:28 AM 05:22:55 AM 06:31:22 AM 07:39:49 AM 08:48:16 AM 09:56:43 AM 11:05:10 AM 12:13:37 PM 01:22:04 PM 02:30:31 PM 03:38:58 PM 04:47:25 PM 05:55:52 PM 07:04:19 PM 08:12:46 PM 09:21:13 PM 10:29:40 PM 11:38:07 PM
सामान्य	लाइफ साइकिल ऑफ़ ए प्लांट	NA	12:52:07 AM 02:00:34 AM 03:09:01 AM 04:17:28 AM 05:25:55 AM 06:34:22 AM 07:42:49 AM 08:51:16 AM 09:59:43 AM 11:08:10 AM 12:16:37 PM 01:25:04 PM 02:33:31 PM 03:41:58 PM 04:50:25 PM 05:58:52 PM 07:07:19 PM 08:15:46 PM 09:24:13 PM 10:32:40 PM 11:41:07 PM
बुधवार, 27 मई 2026 Wednesday, 27 May 2026			
Heatwave	Protect Yourself From Heatwave In Hilly Regions	English	12:00:00 AM 01:42:22 AM 03:24:44 AM 05:07:06 AM 06:49:28 AM 08:31:50 AM 10:14:12 AM 11:56:34 AM 01:38:56 PM



			03:21:18 PM 05:03:40 PM 06:46:02 PM 08:28:24 PM 10:10:46 PM 11:53:08 PM
Filler	Gender Equality	NA	12:00:51 AM 01:43:13 AM 03:25:35 AM 05:07:57 AM 06:50:19 AM 08:32:41 AM 10:15:03 AM 11:57:25 AM 01:39:47 PM 03:22:09 PM 05:04:31 PM 06:46:53 PM 08:29:15 PM 10:11:37 PM 11:53:59 PM
सामान्य	भोजन यात्रा- ग्रास से निकास	NA	12:08:00 AM 01:50:22 AM 03:32:44 AM 05:15:06 AM 06:57:28 AM 08:39:50 AM 10:22:12 AM 12:04:34 PM 01:46:56 PM 03:29:18 PM 05:11:40 PM 06:54:02 PM 08:36:24 PM 10:18:46 PM
General English	Episode 6 Giving Advice 2	NA	12:19:55 AM 02:02:17 AM 03:44:39 AM 05:27:01 AM 07:09:23 AM 08:51:45 AM 10:34:07 AM 12:16:29 PM 01:58:51 PM 03:41:13 PM 05:23:35 PM 07:05:57 PM 08:48:19 PM 10:30:41 PM
Filler	उष्णिय लहर (Heatwave)	Hindi	12:32:38 AM 02:15:00 AM 03:57:22 AM 05:39:44 AM 07:22:06 AM 09:04:28 AM 10:46:50 AM 12:29:12 PM 02:11:34 PM 03:53:56 PM 05:36:18 PM 07:18:40 PM 09:01:02 PM 10:43:24 PM
Science (General)	General, Science (General), Functions of Wetlands and their Biophysical characteristics	English	01:03:11 AM 02:45:33 AM 04:27:55 AM 06:10:17 AM 07:52:39 AM 09:35:01 AM 11:17:23 AM 12:59:45 PM 02:42:07 PM 04:24:29 PM 06:06:51 PM 07:49:13 PM 09:31:35 PM 11:13:57 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	01:14:31 AM 02:56:53 AM 04:39:15 AM 06:21:37 AM 08:03:59 AM 09:46:21 AM 11:28:43 AM 01:11:05 PM 02:53:27 PM 04:35:49 PM 06:18:11 PM 08:00:33 PM 09:42:55 PM 11:25:17 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	01:20:48 AM 03:03:10 AM 04:45:32 AM 06:27:54 AM 08:10:16 AM 09:52:38 AM 11:35:00 AM 01:17:22 PM 02:59:44 PM 04:42:06 PM 06:24:28 PM 08:06:50 PM 09:49:12 PM 11:31:34 PM



Filler	Diksha Initiatives Promo for G20	English	01:34:42 AM 03:17:04 AM 04:59:26 AM 06:41:48 AM 08:24:10 AM 10:06:32 AM 11:48:54 AM 01:31:16 PM 03:13:38 PM 04:56:00 PM 06:38:22 PM 08:20:44 PM 10:03:06 PM 11:45:28 PM
गुरुवार, 28 मई 2026 Thursday, 28 May 2026			
स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	कबड्डी	NA	12:00:00 AM 01:59:36 AM 03:59:12 AM 05:58:48 AM 07:58:24 AM 09:58:00 AM 11:57:36 AM 01:57:12 PM 03:56:48 PM 05:56:24 PM 07:56:00 PM 09:55:36 PM 11:55:12 PM
Heatwave	Food & Drink Habits To Protect Yourself From Heatwave	English	12:24:27 AM 02:24:03 AM 04:23:39 AM 06:23:15 AM 08:22:51 AM 10:22:27 AM 12:22:03 PM 02:21:39 PM 04:21:15 PM 06:20:51 PM 08:20:27 PM 10:20:03 PM
Filler	उष्मीय लहर (Heatwave)	Hindi	12:25:16 AM 02:24:52 AM 04:24:28 AM 06:24:04 AM 08:23:40 AM 10:23:16 AM 12:22:52 PM 02:22:28 PM 04:22:04 PM 06:21:40 PM 08:21:16 PM 10:20:52 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिढारा	Hindi	12:55:49 AM 02:55:25 AM 04:55:01 AM 06:54:37 AM 08:54:13 AM 10:53:49 AM 12:53:25 PM 02:53:01 PM 04:52:37 PM 06:52:13 PM 08:51:49 PM 10:51:25 PM
Filler	Emotional well being and mental health	English	01:08:55 AM 03:08:31 AM 05:08:07 AM 07:07:43 AM 09:07:19 AM 11:06:55 AM 01:06:31 PM 03:06:07 PM 05:05:43 PM 07:05:19 PM 09:04:55 PM 11:04:31 PM
General English	Episode 7 Making Requests 1	NA	01:13:52 AM 03:13:28 AM 05:13:04 AM 07:12:40 AM 09:12:16 AM 11:11:52 AM 01:11:28 PM 03:11:04 PM 05:10:40 PM 07:10:16 PM 09:09:52 PM 11:09:28 PM
Filler	Permissible Alcohol Limit: Know the Facts. Drive Sober!	English	01:24:57 AM 03:24:33 AM 05:24:09 AM 07:23:45 AM 09:23:21 AM 11:22:57 AM



			01:22:33 PM 03:22:09 PM 05:21:45 PM 07:21:21 PM 09:20:57 PM 11:20:33 PM
Science (General)	Class 9, Science (General), Management of Wetlands Part -1	English	01:25:32 AM 03:25:08 AM 05:24:44 AM 07:24:20 AM 09:23:56 AM 11:23:32 AM 01:23:08 PM 03:22:44 PM 05:22:20 PM 07:21:56 PM 09:21:32 PM 11:21:08 PM
Filler	Reproductive Health and HIV Prevention	NA	01:37:06 AM 03:36:42 AM 05:36:18 AM 07:35:54 AM 09:35:30 AM 11:35:06 AM 01:34:42 PM 03:34:18 PM 05:33:54 PM 07:33:30 PM 09:33:06 PM 11:32:42 PM
Filler	व्यक्तिगत सुरक्षा	NA	01:42:35 AM 03:42:11 AM 05:41:47 AM 07:41:23 AM 09:40:59 AM 11:40:35 AM 01:40:11 PM 03:39:47 PM 05:39:23 PM 07:38:59 PM 09:38:35 PM 11:38:11 PM
शुक्रवार, 29 मई 2026 Friday, 29 May 2026			
Heatwave	Minimising the impact of heat wave	English	12:00:00 AM 12:53:46 AM 01:47:32 AM 02:41:18 AM 03:35:04 AM 04:28:50 AM 05:22:36 AM 06:16:22 AM 07:10:08 AM 08:03:54 AM 08:57:40 AM 09:51:26 AM 10:45:12 AM 11:38:58 AM 12:32:44 PM 01:26:30 PM 02:20:16 PM 03:14:02 PM 04:07:48 PM 05:01:34 PM 05:55:20 PM 06:49:06 PM 07:42:52 PM 08:36:38 PM 09:30:24 PM 10:24:10 PM 11:17:56 PM
Filler	Emotional well being and mental health	English	12:00:40 AM 12:54:26 AM 01:48:12 AM 02:41:58 AM 03:35:44 AM 04:29:30 AM 05:23:16 AM 06:17:02 AM 07:10:48 AM 08:04:34 AM 08:58:20 AM 09:52:06 AM 10:45:52 AM 11:39:38 AM 12:33:24 PM 01:27:10 PM 02:20:56 PM 03:14:42 PM 04:08:28 PM 05:02:14 PM 05:56:00 PM 06:49:46 PM 07:43:32 PM 08:37:18 PM 09:31:04 PM 10:24:50 PM 11:18:36 PM



General English	Episode 1 Greeting a Friend	NA	12:05:37 AM 12:59:23 AM 01:53:09 AM 02:46:55 AM 03:40:41 AM 04:34:27 AM 05:28:13 AM 06:21:59 AM 07:15:45 AM 08:09:31 AM 09:03:17 AM 09:57:03 AM 10:50:49 AM 11:44:35 AM 12:38:21 PM 01:32:07 PM 02:25:53 PM 03:19:39 PM 04:13:25 PM 05:07:11 PM 06:00:57 PM 06:54:43 PM 07:48:29 PM 08:42:15 PM 09:36:01 PM 10:29:47 PM 11:23:33 PM
Filler	Prevention and Management of Substance Misuse	NA	12:13:44 AM 01:07:30 AM 02:01:16 AM 02:55:02 AM 03:48:48 AM 04:42:34 AM 05:36:20 AM 06:30:06 AM 07:23:52 AM 08:17:38 AM 09:11:24 AM 10:05:10 AM 10:58:56 AM 11:52:42 AM 12:46:28 PM 01:40:14 PM 02:34:00 PM 03:27:46 PM 04:21:32 PM 05:15:18 PM 06:09:04 PM 07:02:50 PM 07:56:36 PM 08:50:22 PM 09:44:08 PM 10:37:54 PM 11:31:40 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 1) न्याय की नई राहें	Hindi	12:19:02 AM 01:12:48 AM 02:06:34 AM 03:00:20 AM 03:54:06 AM 04:47:52 AM 05:41:38 AM 06:35:24 AM 07:29:10 AM 08:22:56 AM 09:16:42 AM 10:10:28 AM 11:04:14 AM 11:58:00 AM 12:51:46 PM 01:45:32 PM 02:39:18 PM 03:33:04 PM 04:26:50 PM 05:20:36 PM 06:14:22 PM 07:08:08 PM 08:01:54 PM 08:55:40 PM 09:49:26 PM 10:43:12 PM 11:36:58 PM
Heatwave	How To Keep Elders Safe From Heatwave?	English	12:32:56 AM 01:26:42 AM 02:20:28 AM 03:14:14 AM 04:08:00 AM 05:01:46 AM 05:55:32 AM 06:49:18 AM 07:43:04 AM 08:36:50 AM 09:30:36 AM 10:24:22 AM 11:18:08 AM 12:11:54 PM 01:05:40 PM 01:59:26 PM 02:53:12 PM 03:46:58 PM 04:40:44 PM 05:34:30 PM 06:28:16 PM 07:22:02 PM 08:15:48 PM 09:09:34 PM 10:03:20 PM 10:57:06 PM 11:50:52 PM



Filler	Health And Sanitation	NA	12:33:36 AM 01:27:22 AM 02:21:08 AM 03:14:54 AM 04:08:40 AM 05:02:26 AM 05:56:12 AM 06:49:58 AM 07:43:44 AM 08:37:30 AM 09:31:16 AM 10:25:02 AM 11:18:48 AM 12:12:34 PM 01:06:20 PM 02:00:06 PM 02:53:52 PM 03:47:38 PM 04:41:24 PM 05:35:10 PM 06:28:56 PM 07:22:42 PM 08:16:28 PM 09:10:14 PM 10:04:00 PM 10:57:46 PM 11:51:32 PM
General	Class 9, General, E-Waste Management: Film 1	NA	12:39:57 AM 01:33:43 AM 02:27:29 AM 03:21:15 AM 04:15:01 AM 05:08:47 AM 06:02:33 AM 06:56:19 AM 07:50:05 AM 08:43:51 AM 09:37:37 AM 10:31:23 AM 11:25:09 AM 12:18:55 PM 01:12:41 PM 02:06:27 PM 03:00:13 PM 03:53:59 PM 04:47:45 PM 05:41:31 PM 06:35:17 PM 07:29:03 PM 08:22:49 PM 09:16:35 PM 10:10:21 PM 11:04:07 PM 11:57:53 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	12:47:29 AM 01:41:15 AM 02:35:01 AM 03:28:47 AM 04:22:33 AM 05:16:19 AM 06:10:05 AM 07:03:51 AM 07:57:37 AM 08:51:23 AM 09:45:09 AM 10:38:55 AM 11:32:41 AM 12:26:27 PM 01:20:13 PM 02:13:59 PM 03:07:45 PM 04:01:31 PM 04:55:17 PM 05:49:03 PM 06:42:49 PM 07:36:35 PM 08:30:21 PM 09:24:07 PM 10:17:53 PM 11:11:39 PM
शनिवार, 30 मई 2026 Saturday, 30 May 2026			
Science (General)	Evaporation	English	12:00:00 AM 01:35:52 AM 03:11:44 AM 04:47:36 AM 06:23:28 AM 07:59:20 AM 09:35:12 AM 11:11:04 AM 12:46:56 PM 02:22:48 PM 03:58:40 PM 05:34:32 PM 07:10:24 PM 08:46:16 PM 10:22:08 PM 11:58:00 PM



सामान्य	भोजन यात्रा- ग्रास से निकास	NA	12:06:38 AM 01:42:30 AM 03:18:22 AM 04:54:14 AM 06:30:06 AM 08:05:58 AM 09:41:50 AM 11:17:42 AM 12:53:34 PM 02:29:26 PM 04:05:18 PM 05:41:10 PM 07:17:02 PM 08:52:54 PM 10:28:46 PM
General English	Episode 2 Greeting an Acquaintance	NA	12:18:33 AM 01:54:25 AM 03:30:17 AM 05:06:09 AM 06:42:01 AM 08:17:53 AM 09:53:45 AM 11:29:37 AM 01:05:29 PM 02:41:21 PM 04:17:13 PM 05:53:05 PM 07:28:57 PM 09:04:49 PM 10:40:41 PM
Filler	उष्मीय लहर (Heatwave)	Hindi	12:27:20 AM 02:03:12 AM 03:39:04 AM 05:14:56 AM 06:50:48 AM 08:26:40 AM 10:02:32 AM 11:38:24 AM 01:14:16 PM 02:50:08 PM 04:26:00 PM 06:01:52 PM 07:37:44 PM 09:13:36 PM 10:49:28 PM
Science (General)	General, Science (General), Functions of Wetlands and their Biophysical characteristics	English	12:57:53 AM 02:33:45 AM 04:09:37 AM 05:45:29 AM 07:21:21 AM 08:57:13 AM 10:33:05 AM 12:08:57 PM 01:44:49 PM 03:20:41 PM 04:56:33 PM 06:32:25 PM 08:08:17 PM 09:44:09 PM 11:20:01 PM
Filler	मूल्य और जिम्मेदार नागरिकता	NA	01:09:13 AM 02:45:05 AM 04:20:57 AM 05:56:49 AM 07:32:41 AM 09:08:33 AM 10:44:25 AM 12:20:17 PM 01:56:09 PM 03:32:01 PM 05:07:53 PM 06:43:45 PM 08:19:37 PM 09:55:29 PM 11:31:21 PM
Heatwave	Cool Roof Technology Inverted Earthen Pots	English	01:14:46 AM 02:50:38 AM 04:26:30 AM 06:02:22 AM 07:38:14 AM 09:14:06 AM 10:49:58 AM 12:25:50 PM 02:01:42 PM 03:37:34 PM 05:13:26 PM 06:49:18 PM 08:25:10 PM 10:01:02 PM 11:36:54 PM
Filler	Gender Equality	NA	01:21:03 AM 02:56:55 AM 04:32:47 AM 06:08:39 AM 07:44:31 AM 09:20:23 AM 10:56:15 AM 12:32:07 PM 02:07:59 PM 03:43:51 PM 05:19:43 PM 06:55:35 PM 08:31:27 PM 10:07:19 PM 11:43:11 PM
Filler	Diksha Initiatives Promo for G20	English	01:28:12 AM 03:04:04 AM 04:39:56 AM 06:15:48 AM 07:51:40 AM 09:27:32 AM



			11:03:24 AM 12:39:16 PM 02:15:08 PM 03:51:00 PM 05:26:52 PM 07:02:44 PM 08:38:36 PM 10:14:28 PM 11:50:20 PM
रविवार, 31 मई 2026 Sunday, 31 May 2026			
Filler	Growth & Health	English	12:00:00 AM 01:31:09 AM 03:02:18 AM 04:33:27 AM 06:04:36 AM 07:35:45 AM 09:06:54 AM 10:38:03 AM 12:09:12 PM 01:40:21 PM 03:11:30 PM 04:42:39 PM 06:13:48 PM 07:44:57 PM 09:16:06 PM 10:47:15 PM
स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	जेवलिन भाग-०१	NA	12:04:11 AM 01:35:20 AM 03:06:29 AM 04:37:38 AM 06:08:47 AM 07:39:56 AM 09:11:05 AM 10:42:14 AM 12:13:23 PM 01:44:32 PM 03:15:41 PM 04:46:50 PM 06:17:59 PM 07:49:08 PM 09:20:17 PM 10:51:26 PM
Science(General)	General, Science(General), Two children standing on two different carts fitted with wheels thrown and catching a bag of sand and study the consequent motion of their carts	NA	12:21:40 AM 01:52:49 AM 03:23:58 AM 04:55:07 AM 06:26:16 AM 07:57:25 AM 09:28:34 AM 10:59:43 AM 12:30:52 PM 02:02:01 PM 03:33:10 PM 05:04:19 PM 06:35:28 PM 08:06:37 PM 09:37:46 PM 11:08:55 PM
सामाजिक विज्ञान (सामान्य)	भारतीय न्याय संहिता (Ep. 2) न्याय का पिटारा	Hindi	12:26:48 AM 01:57:57 AM 03:29:06 AM 05:00:15 AM 06:31:24 AM 08:02:33 AM 09:33:42 AM 11:04:51 AM 12:36:00 PM 02:07:09 PM 03:38:18 PM 05:09:27 PM 06:40:36 PM 08:11:45 PM 09:42:54 PM 11:14:03 PM
सामान्य	आओ सैर करें - मिस्त्र	NA	12:39:54 AM 02:11:03 AM 03:42:12 AM 05:13:21 AM 06:44:30 AM 08:15:39 AM 09:46:48 AM 11:17:57 AM 12:49:06 PM 02:20:15 PM 03:51:24 PM 05:22:33 PM



			06:53:42 PM 08:24:51 PM 09:56:00 PM 11:27:09 PM
कहानी	खेल खेल में एनीमेशन	NA	12:43:35 AM 02:14:44 AM 03:45:53 AM 05:17:02 AM 06:48:11 AM 08:19:20 AM 09:50:29 AM 11:21:38 AM 12:52:47 PM 02:23:56 PM 03:55:05 PM 05:26:14 PM 06:57:23 PM 08:28:32 PM 09:59:41 PM 11:30:50 PM
सामान्य जागरूकता	ज़रा सोचिये	NA	12:50:05 AM 02:21:14 AM 03:52:23 AM 05:23:32 AM 06:54:41 AM 08:25:50 AM 09:56:59 AM 11:28:08 AM 12:59:17 PM 02:30:26 PM 04:01:35 PM 05:32:44 PM 07:03:53 PM 08:35:02 PM 10:06:11 PM 11:37:20 PM
Filler	Emotional well being and mental health	NA	12:54:22 AM 02:25:31 AM 03:56:40 AM 05:27:49 AM 06:58:58 AM 08:30:07 AM 10:01:16 AM 11:32:25 AM 01:03:34 PM 02:34:43 PM 04:05:52 PM 05:37:01 PM 07:08:10 PM 08:39:19 PM 10:10:28 PM 11:41:37 PM
Filler	Safe use of internet	NA	12:59:19 AM 02:30:28 AM 04:01:37 AM 05:32:46 AM 07:03:55 AM 08:35:04 AM 10:06:13 AM 11:37:22 AM 01:08:31 PM 02:39:40 PM 04:10:49 PM 05:41:58 PM 07:13:07 PM 08:44:16 PM 10:15:25 PM 11:46:34 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	टाई एंड डाई	NA	01:05:18 AM 02:36:27 AM 04:07:36 AM 05:38:45 AM 07:09:54 AM 08:41:03 AM 10:12:12 AM 11:43:21 AM 01:14:30 PM 02:45:39 PM 04:16:48 PM 05:47:57 PM 07:19:06 PM 08:50:15 PM 10:21:24 PM 11:52:33 PM

