

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

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

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

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

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

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

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

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

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



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

अक्टूबर 2025  
October 2025

| विषय<br>Subject                                       | कार्यक्रम का शीर्षक<br>Program Title                 | माध्यम<br>Medium  | प्रसारण समय Telecast Time                                                                                                                    |
|-------------------------------------------------------|------------------------------------------------------|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| बुधवार, 01 अक्टूबर 2025<br>Wednesday, 01 October 2025 |                                                      |                   |                                                                                                                                              |
| General                                               | Montage                                              | English           | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:11 PM    10:12 PM |
| General                                               | Class 5 Channel Detail & Time Table                  | English/<br>hindi | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:07 PM    02:08 PM    04:09 PM    06:10 PM    08:11 PM    10:12 PM |
| General                                               | इनोवेटिव टीचर                                        | Hindi             | 12:01 AM    02:02 AM    04:03 AM    06:04 AM    08:05 AM    10:06 AM    12:07 PM    02:08 PM    04:10 PM    06:11 PM    08:12 PM    10:13 PM |
| General                                               | हिंदी शब्दकोष                                        | Hindi             | 12:16 AM    02:17 AM    04:18 AM    06:20 AM    08:21 AM    10:22 AM    12:23 PM    02:24 PM    04:25 PM    06:26 PM    08:27 PM    10:28 PM |
| General                                               | Introduction to waste segregation & dry and wet bins | English           | 12:33 AM    02:35 AM    04:36 AM    06:37 AM    08:38 AM    10:39 AM    12:40 PM    02:41 PM    04:42 PM    06:43 PM    08:44 PM    10:46 PM |



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|            |                                                                    |         |                                                                                                                                                       |
|------------|--------------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| General    | Real life situations-<br>garbage burning and what<br>to do         | English | 12:47 AM    02:48 AM    04:49 AM    06:50<br>AM    08:52 AM    10:53 AM    12:54 PM   <br>02:55 PM    04:56 PM    06:57 PM   <br>08:58 PM    10:59 PM |
| General    | गुरु नानक प्रकाश पर्व                                              | Hindi   | 01:11 AM    03:12 AM    05:13 AM    07:14<br>AM    09:16 AM    11:17 AM    01:18 PM   <br>03:19 PM    05:20 PM    07:21 PM    09:22<br>PM    11:23 PM |
| Earthquake | Earthquake - are you safe                                          | English | 01:23 AM    03:24 AM    05:25 AM    07:26<br>AM    09:27 AM    11:29 AM    01:30 PM   <br>03:31 PM    05:32 PM    07:33 PM    09:34<br>PM    11:35 PM |
| Earthquake | Earthquake - क्या आप सुरक्षित<br>हैं                               | Hindi   | 01:24 AM    03:25 AM    05:27 AM    07:28<br>AM    09:29 AM    11:30 AM    01:31 PM   <br>03:32 PM    05:33 PM    07:34 PM    09:35<br>PM    11:36 PM |
| Flood      | Flood - बाढ़ से पहले क्या तैयारी<br>रखें                           | Hindi   | 01:25 AM    03:26 AM    05:27 AM    07:28<br>AM    09:29 AM    11:30 AM    01:32 PM   <br>03:33 PM    05:34 PM    07:35 PM    09:36<br>PM    11:37 PM |
| Flood      | Floods - बाढ़ के दौरान क्या<br>किया जाना चाहिए                     | Hindi   | 01:26 AM    03:27 AM    05:29 AM    07:30<br>AM    09:31 AM    11:32 AM    01:33 PM   <br>03:34 PM    05:35 PM    07:36 PM    09:37<br>PM    11:38 PM |
| Flood      | Urban Flood - How To Deal<br>With The Aftermath Of<br>Urban Floods | English | 01:27 AM    03:28 AM    05:30 AM    07:31<br>AM    09:32 AM    11:33 AM    01:34 PM   <br>03:35 PM    05:36 PM    07:37 PM    09:38<br>PM    11:39 PM |
| Flood      | Urban Flood - शहरी बाढ़ के<br>परिणाम से कैसे निपटें                | Hindi   | 01:29 AM    03:30 AM    05:31 AM    07:32<br>AM    09:33 AM    11:34 AM    01:35 PM   <br>03:36 PM    05:37 PM    07:39 PM    09:40<br>PM    11:41 PM |



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|                                                           |                                                              |               |                                                                                                                                              |
|-----------------------------------------------------------|--------------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Landslide                                                 | Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए | Hindi         | 01:30 AM    03:31 AM    05:32 AM    07:33 AM    09:34 AM    11:35 AM    01:36 PM    03:37 PM    05:39 PM    07:40 PM    09:41 PM    11:42 PM |
| Landslide                                                 | Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02     | Hindi         | 01:31 AM    03:32 AM    05:33 AM    07:35 AM    09:36 AM    11:37 AM    01:38 PM    03:39 PM    05:40 PM    07:41 PM    09:42 PM    11:43 PM |
| AAPDA KA SAMNA                                            | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023                    | Hindi         | 01:32 AM    03:33 AM    05:35 AM    07:36 AM    09:37 AM    11:38 AM    01:39 PM    03:40 PM    05:41 PM    07:42 PM    09:43 PM    11:44 PM |
| बृहस्पतिवार, 02 अक्टूबर 2025<br>Thursday, 02 October 2025 |                                                              |               |                                                                                                                                              |
| General                                                   | Montage                                                      | English       | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:03 AM    10:03 AM    12:04 PM    02:05 PM    04:06 PM    06:06 PM    08:07 PM    10:08 PM |
| General                                                   | Class 5 Channel Detail & Time Table                          | English/hindi | 12:00 AM    02:01 AM    04:01 AM    06:02 AM    08:03 AM    10:04 AM    12:04 PM    02:05 PM    04:06 PM    06:07 PM    08:07 PM    10:08 PM |
| General                                                   | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?      | Hindi         | 12:01 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:07 PM    08:08 PM    10:09 PM |
| General                                                   | इनोवेटिव टीचर                                                | Hindi         | 12:04 AM    02:05 AM    04:05 AM    06:06 AM    08:07 AM    10:08 AM    12:08 PM    02:09 PM    04:10 PM    06:11 PM    08:11 PM    10:12 PM |



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|            |                                                           |         |                                                                                                                                              |
|------------|-----------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | हिंदी शब्दकोष                                             | Hindi   | 12:19 AM    02:20 AM    04:21 AM    06:22 AM    08:22 AM    10:23 AM    12:24 PM    02:25 PM    04:25 PM    06:26 PM    08:27 PM    10:28 PM |
| General    | Introduction to waste segregation & dry and wet bins      | English | 12:37 AM    02:37 AM    04:38 AM    06:39 AM    08:40 AM    10:40 AM    12:41 PM    02:42 PM    04:43 PM    06:43 PM    08:44 PM    10:45 PM |
| General    | Real life situations- garbage burning and what to do      | English | 12:50 AM    02:51 AM    04:52 AM    06:53 AM    08:53 AM    10:54 AM    12:55 PM    02:56 PM    04:56 PM    06:57 PM    08:58 PM    10:59 PM |
| Landslide  | Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02  | Hindi   | 01:14 AM    03:15 AM    05:16 AM    07:17 AM    09:17 AM    11:18 AM    01:19 PM    03:20 PM    05:20 PM    07:21 PM    09:22 PM    11:23 PM |
| Earthquake | Earthquake - Drop, Cover, Hold technique                  | English | 01:15 AM    03:16 AM    05:17 AM    07:18 AM    09:18 AM    11:19 AM    01:20 PM    03:21 PM    05:21 PM    07:22 PM    09:23 PM    11:24 PM |
| Earthquake | Earthquake resistant house                                | English | 01:17 AM    03:18 AM    05:18 AM    07:19 AM    09:20 AM    11:21 AM    01:21 PM    03:22 PM    05:23 PM    07:24 PM    09:24 PM    11:25 PM |
| Earthquake | Earthquake - What to do when indoors during an earthquake | English | 01:18 AM    03:19 AM    05:20 AM    07:21 AM    09:21 AM    11:22 AM    01:23 PM    03:24 PM    05:24 PM    07:25 PM    09:26 PM    11:27 PM |
| Flood      | Flood - How To Be Prepared For Floods                     | English | 01:20 AM    03:21 AM    05:22 AM    07:23 AM    09:23 AM    11:24 AM    01:25 PM    03:26 PM    05:26 PM    07:27 PM    09:28 PM    11:29 PM |



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|              |                                                              |         |                                                                                                                                              |
|--------------|--------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Flood        | Flood - What Should Be Done After Floods                     | English | 01:21 AM    03:22 AM    05:23 AM    07:24 AM    09:24 AM    11:25 AM    01:26 PM    03:27 PM    05:27 PM    07:28 PM    09:29 PM    11:30 PM |
| Landslide    | Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए | Hindi   | 01:22 AM    03:23 AM    05:24 AM    07:25 AM    09:25 AM    11:26 AM    01:27 PM    03:28 PM    05:28 PM    07:29 PM    09:30 PM    11:31 PM |
| Landslide    | Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01   | Hindi   | 01:24 AM    03:24 AM    05:25 AM    07:26 AM    09:27 AM    11:27 AM    01:28 PM    03:29 PM    05:30 PM    07:30 PM    09:31 PM    11:32 PM |
| Urban Floods | Urban Flood - During Urban Flood                             | English | 01:25 AM    03:26 AM    05:26 AM    07:27 AM    09:28 AM    11:29 AM    01:29 PM    03:30 PM    05:31 PM    07:32 PM    09:32 PM    11:33 PM |
| Urban Floods | Urban Flood - शहरी बाढ़ आने से पहले क्या तैयारी रखें         | Hindi   | 01:26 AM    03:27 AM    05:27 AM    07:28 AM    09:29 AM    11:30 AM    01:30 PM    03:31 PM    05:32 PM    07:33 PM    09:33 PM    11:34 PM |
| Urban Floods | Urban Flood - शहरी बाढ़ के दौरान यदि पलायन करना पड़े तो      | Hindi   | 01:27 AM    03:28 AM    05:29 AM    07:29 AM    09:30 AM    11:31 AM    01:32 PM    03:32 PM    05:33 PM    07:34 PM    09:35 PM    11:35 PM |
| Urban Floods | Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं          | Hindi   | 01:29 AM    03:29 AM    05:30 AM    07:31 AM    09:32 AM    11:32 AM    01:33 PM    03:34 PM    05:35 PM    07:35 PM    09:36 PM    11:37 PM |
| General      | गुरु नानक प्रकाश पर्व                                        | Hindi   | 01:30 AM    03:30 AM    05:31 AM    07:32 AM    09:33 AM    11:33 AM    01:34 PM    03:35 PM    05:36 PM    07:36 PM    09:37 PM    11:38 PM |



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|------------------------------------------------------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General                                              | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य                   | Hindi         | 01:42 AM    03:42 AM    05:43 AM    07:44 AM    09:45 AM    11:45 AM    01:46 PM    03:47 PM    05:48 PM    07:48 PM    09:49 PM    11:50 PM |
| General                                              | Introduction to waste segregation & dry and wet bins    | English       | 01:47 AM    03:47 AM    05:48 AM    07:49 AM    09:50 AM    11:50 AM    01:51 PM    03:52 PM    05:53 PM    07:53 PM    09:54 PM    11:55 PM |
| शुक्रवार, 03 अक्टूबर 2025<br>Friday, 03 October 2025 |                                                         |               |                                                                                                                                              |
| General                                              | Montage                                                 | English       | 12:00 AM    02:01 AM    04:03 AM    06:04 AM    08:06 AM    10:07 AM    12:09 PM    02:10 PM    04:12 PM    06:14 PM    08:15 PM    10:17 PM |
| General                                              | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:01 AM    04:03 AM    06:05 AM    08:06 AM    10:08 AM    12:09 PM    02:11 PM    04:12 PM    06:14 PM    08:16 PM    10:17 PM |
| General                                              | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:02 AM    04:04 AM    06:05 AM    08:07 AM    10:09 AM    12:10 PM    02:12 PM    04:13 PM    06:15 PM    08:16 PM    10:18 PM |
| General                                              | आज़ादी की अमृत कहानियाँ (अंशु जमसेपा- पर्वत )           | Hindi         | 12:04 AM    02:06 AM    04:07 AM    06:09 AM    08:10 AM    10:12 AM    12:13 PM    02:15 PM    04:16 PM    06:18 PM    08:20 PM    10:21 PM |
| English                                              | Crying                                                  | English/hindi | 12:06 AM    02:08 AM    04:09 AM    06:11 AM    08:13 AM    10:14 AM    12:16 PM    02:17 PM    04:19 PM    06:20 PM    08:22 PM    10:23 PM |



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|         |                                                       |         |                                                                                                                                              |
|---------|-------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | सरदार वल्लभ भाई पटेल                                  | Hindi   | 12:16 AM    02:18 AM    04:19 AM    06:21 AM    08:22 AM    10:24 AM    12:26 PM    02:27 PM    04:29 PM    06:30 PM    08:32 PM    10:33 PM |
| General | मूल्य और जिम्मेदार नागरिकता                           | Hindi   | 12:20 AM    02:21 AM    04:23 AM    06:24 AM    08:26 AM    10:27 AM    12:29 PM    02:31 PM    04:32 PM    06:34 PM    08:35 PM    10:37 PM |
| General | आजादी की अमृत कहानियाँ<br>(हर्षिणी कान्हेकर - अग्नि ) | Hindi   | 12:25 AM    02:27 AM    04:28 AM    06:30 AM    08:31 AM    10:33 AM    12:35 PM    02:36 PM    04:38 PM    06:39 PM    08:41 PM    10:42 PM |
| General | इनोवेटिव टीचर                                         | Hindi   | 12:27 AM    02:29 AM    04:31 AM    06:32 AM    08:34 AM    10:35 AM    12:37 PM    02:38 PM    04:40 PM    06:42 PM    08:43 PM    10:45 PM |
| General | हिंदी शब्दकोष                                         | Hindi   | 12:43 AM    02:44 AM    04:46 AM    06:48 AM    08:49 AM    10:51 AM    12:52 PM    02:54 PM    04:55 PM    06:57 PM    08:59 PM    11:00 PM |
| General | Introduction to waste segregation & dry and wet bins  | English | 01:00 AM    03:02 AM    05:03 AM    07:05 AM    09:06 AM    11:08 AM    01:10 PM    03:11 PM    05:13 PM    07:14 PM    09:16 PM    11:17 PM |
| General | गुरु नानक प्रकाश पर्व                                 | Hindi   | 01:14 AM    03:15 AM    05:17 AM    07:19 AM    09:20 AM    11:22 AM    01:23 PM    03:25 PM    05:26 PM    07:28 PM    09:30 PM    11:31 PM |
| Flood   | Flood - बाढ़ से पहले क्या तैयारी रखें                 | Hindi   | 01:26 AM    03:27 AM    05:29 AM    07:30 AM    09:32 AM    11:34 AM    01:35 PM    03:37 PM    05:38 PM    07:40 PM    09:41 PM    11:43 PM |



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|------------|--------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Earthquake | Earthquake - Drop, Cover, Hold technique                     | English | 01:27 AM    03:29 AM    05:30 AM    07:32 AM    09:33 AM    11:35 AM    01:37 PM    03:38 PM    05:40 PM    07:41 PM    09:43 PM    11:44 PM |
| Flood      | Flood - बाढ़ के दौरान पशुओं को कैसे रखें सुरक्षित            | Hindi   | 01:28 AM    03:30 AM    05:32 AM    07:33 AM    09:35 AM    11:36 AM    01:38 PM    03:39 PM    05:41 PM    07:43 PM    09:44 PM    11:46 PM |
| Flood      | Flood - बाढ़ से पहले क्या करें और क्या न करें                | Hindi   | 01:30 AM    03:31 AM    05:33 AM    07:34 AM    09:36 AM    11:38 AM    01:39 PM    03:41 PM    05:42 PM    07:44 PM    09:45 PM    11:47 PM |
| Flood      | Flood - बाढ़ से पहले क्या तैयारी रखें                        | Hindi   | 01:31 AM    03:32 AM    05:34 AM    07:35 AM    09:37 AM    11:39 AM    01:40 PM    03:42 PM    05:43 PM    07:45 PM    09:46 PM    11:48 PM |
| Flood      | Floods - बाढ़ के दौरान क्या किया जाना चाहिए                  | Hindi   | 01:32 AM    03:34 AM    05:35 AM    07:37 AM    09:38 AM    11:40 AM    01:41 PM    03:43 PM    05:45 PM    07:46 PM    09:48 PM    11:49 PM |
| Flood      | Urban Flood - How To Deal With The Aftermath Of Urban Floods | English | 01:33 AM    03:35 AM    05:36 AM    07:38 AM    09:39 AM    11:41 AM    01:42 PM    03:44 PM    05:46 PM    07:47 PM    09:49 PM    11:50 PM |
| Flood      | Urban Flood - शहरी बाढ़ के परिणाम से कैसे निपटें             | Hindi   | 01:34 AM    03:36 AM    05:38 AM    07:39 AM    09:41 AM    11:42 AM    01:44 PM    03:45 PM    05:47 PM    07:48 PM    09:50 PM    11:52 PM |
| Landslide  | Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01   | Hindi   | 01:36 AM    03:37 AM    05:39 AM    07:40 AM    09:42 AM    11:43 AM    01:45 PM    03:46 PM    05:48 PM    07:50 PM    09:51 PM    11:53 PM |



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|--------------|-----------------------------------------------------------------------|-------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Landslide    | Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02              | Hindi | 01:37 AM    03:38 AM    05:40 AM    07:41 AM    09:43 AM    11:45 AM    01:46 PM    03:48 PM    05:49 PM    07:51 PM    09:52 PM    11:54 PM |
| Landslide    | Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके | Hindi | 01:38 AM    03:39 AM    05:41 AM    07:43 AM    09:44 AM    11:46 AM    01:47 PM    03:49 PM    05:50 PM    07:52 PM    09:54 PM    11:55 PM |
| Urban Floods | Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं                   | Hindi | 01:38 AM    03:40 AM    05:42 AM    07:43 AM    09:45 AM    11:46 AM    01:48 PM    03:49 PM    05:51 PM    07:53 PM    09:54 PM    11:56 PM |
| Urban Floods | Urban Flood - शहरी बाढ़ क्यों आती है                                  | Hindi | 01:40 AM    03:41 AM    05:43 AM    07:44 AM    09:46 AM    11:47 AM    01:49 PM    03:51 PM    05:52 PM    07:54 PM    09:55 PM    11:57 PM |
| Urban Floods | Urban Flood - शहरी बाढ़ से पहले                                       | Hindi | 01:41 AM    03:42 AM    05:44 AM    07:45 AM    09:47 AM    11:48 AM    01:50 PM    03:52 PM    05:53 PM    07:55 PM    09:56 PM    11:58 PM |
| General      | गुरु नानक प्रकाश पर्व                                                 | Hindi | 01:42 AM    03:43 AM    05:45 AM    07:46 AM    09:48 AM    11:49 AM    01:51 PM    03:53 PM    05:54 PM    07:56 PM    09:57 PM    11:59 PM |
| General      | पारस्परिक संबंध                                                       | Hindi | 01:53 AM    03:55 AM    05:57 AM    07:58 AM    10:00 AM    12:01 PM    02:03 PM    04:04 PM    06:06 PM    08:08 PM    10:09 PM             |
| General      | आज़ादी की अमृत कहानियाँ (टेस्सी थॉमस- अम्बर)                          | Hindi | 01:59 AM    04:00 AM    06:02 AM    08:03 AM    10:05 AM    12:07 PM    02:08 PM    04:10 PM    06:11 PM    08:13 PM    10:14 PM             |



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शनिवार, 04 अक्टूबर 2025

Saturday, 04 October 2025

|            |                                                           |               |                                                                                                                                              |
|------------|-----------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | Montage                                                   | English       | 12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:04 PM    06:05 PM    08:05 PM    10:06 PM |
| General    | Class 5 Channel Detail & Time Table                       | English/hindi | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:03 PM    02:04 PM    04:04 PM    06:05 PM    08:06 PM    10:06 PM |
| Earthquake | Earthquake resistant house                                | English       | 12:01 AM    02:01 AM    04:02 AM    06:02 AM    08:03 AM    10:04 AM    12:04 PM    02:05 PM    04:05 PM    06:06 PM    08:06 PM    10:07 PM |
| Earthquake | Earthquake - What to do when indoors during an earthquake | English       | 12:02 AM    02:03 AM    04:04 AM    06:04 AM    08:05 AM    10:05 AM    12:06 PM    02:06 PM    04:07 PM    06:07 PM    08:08 PM    10:09 PM |
| Earthquake | Earthquake - What to do when outside during an earthquake | English       | 12:04 AM    02:05 AM    04:05 AM    06:06 AM    08:06 AM    10:07 AM    12:08 PM    02:08 PM    04:09 PM    06:09 PM    08:10 PM    10:10 PM |
| General    | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य                     | Hindi         | 12:06 AM    02:07 AM    04:07 AM    06:08 AM    08:08 AM    10:09 AM    12:09 PM    02:10 PM    04:11 PM    06:11 PM    08:12 PM    10:12 PM |
| General    | Interpersonal Relationships                               | English       | 12:11 AM    02:12 AM    04:12 AM    06:13 AM    08:13 AM    10:14 AM    12:14 PM    02:15 PM    04:16 PM    06:16 PM    08:17 PM    10:17 PM |



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|                |                                           |         |                                                                                                                                              |
|----------------|-------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General        | पारस्परिक संबंध                           | Hindi   | 12:16 AM    02:16 AM    04:17 AM    06:17 AM    08:18 AM    10:18 AM    12:19 PM    02:20 PM    04:20 PM    06:21 PM    08:21 PM    10:22 PM |
| General        | Value and responsible Citizenship         | English | 12:21 AM    02:22 AM    04:22 AM    06:23 AM    08:23 AM    10:24 AM    12:24 PM    02:25 PM    04:26 PM    06:26 PM    08:27 PM    10:27 PM |
| General        | मूल्य और जिम्मेदार नागरिकता               | Hindi   | 12:26 AM    02:27 AM    04:27 AM    06:28 AM    08:28 AM    10:29 AM    12:29 PM    02:30 PM    04:31 PM    06:31 PM    08:32 PM    10:32 PM |
| General        | Gender Equality                           | English | 12:32 AM    02:32 AM    04:33 AM    06:33 AM    08:34 AM    10:34 AM    12:35 PM    02:35 PM    04:36 PM    06:37 PM    08:37 PM    10:38 PM |
| General        | जेंडर समानता                              | Hindi   | 12:39 AM    02:39 AM    04:40 AM    06:40 AM    08:41 AM    10:42 AM    12:42 PM    02:43 PM    04:43 PM    06:44 PM    08:44 PM    10:45 PM |
| General        | Nutrition_Health and Sanitation           | English | 12:46 AM    02:47 AM    04:47 AM    06:48 AM    08:48 AM    10:49 AM    12:49 PM    02:50 PM    04:51 PM    06:51 PM    08:52 PM    10:52 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023 | Hindi   | 12:52 AM    02:53 AM    04:54 AM    06:54 AM    08:55 AM    10:55 AM    12:56 PM    02:56 PM    04:57 PM    06:57 PM    08:58 PM    10:59 PM |
| General        | पोषण ,स्वास्थ्य और स्वच्छता               | Hindi   | 01:21 AM    03:21 AM    05:22 AM    07:22 AM    09:23 AM    11:23 AM    01:24 PM    03:25 PM    05:25 PM    07:26 PM    09:26 PM    11:27 PM |



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|            |                                                   |         |                                                                                                                                              |
|------------|---------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | Prevention and Management of Substance Misuse     | English | 01:27 AM    03:28 AM    05:28 AM    07:29 AM    09:30 AM    11:30 AM    01:31 PM    03:31 PM    05:32 PM    07:32 PM    09:33 PM    11:34 PM |
| General    | पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन           | Hindi   | 01:33 AM    03:33 AM    05:34 AM    07:34 AM    09:35 AM    11:35 AM    01:36 PM    03:37 PM    05:37 PM    07:38 PM    09:38 PM    11:39 PM |
| General    | प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम           | Hindi   | 01:39 AM    03:39 AM    05:40 AM    07:40 AM    09:41 AM    11:41 AM    01:42 PM    03:42 PM    05:43 PM    07:44 PM    09:44 PM    11:45 PM |
| General    | Safety and Security against Violence and Injuries | English | 01:44 AM    03:45 AM    05:45 AM    07:46 AM    09:47 AM    11:47 AM    01:48 PM    03:48 PM    05:49 PM    07:49 PM    09:50 PM    11:51 PM |
| Earthquake | Earthquake - भूकंप के दौरान क्या करना चाहिए       | Hindi   | 01:50 AM    03:51 AM    05:51 AM    07:52 AM    09:52 AM    11:53 AM    01:53 PM    03:54 PM    05:54 PM    07:55 PM    09:56 PM    11:56 PM |
| Flood      | Flood - How To Be Prepared For Floods             | English | 01:51 AM    03:51 AM    05:52 AM    07:52 AM    09:53 AM    11:53 AM    01:54 PM    03:55 PM    05:55 PM    07:56 PM    09:56 PM    11:57 PM |
| Flood      | Flood - What Should Be Done After Floods          | English | 01:52 AM    03:52 AM    05:53 AM    07:53 AM    09:54 AM    11:54 AM    01:55 PM    03:55 PM    05:56 PM    07:57 PM    09:57 PM    11:58 PM |
| Flood      | Flood - What To Do During Floods                  | English | 01:52 AM    03:53 AM    05:54 AM    07:54 AM    09:55 AM    11:55 AM    01:56 PM    03:56 PM    05:57 PM    07:58 PM    09:58 PM    11:59 PM |



|                         |                                                      |               |                                                                                                                                              |
|-------------------------|------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Flood                   | Flood - बाढ़ के दौरान क्या करें और क्या न करें       | Hindi         | 01:53 AM    03:54 AM    05:55 AM    07:55 AM    09:56 AM    11:56 AM    01:57 PM    03:57 PM    05:58 PM    07:59 PM    09:59 PM             |
| Flood                   | Flood - बाढ़ के दौरान पशुओं को कैसे रखें सुरक्षित    | Hindi         | 01:55 AM    03:55 AM    05:56 AM    07:56 AM    09:57 AM    11:57 AM    01:58 PM    03:59 PM    05:59 PM    08:00 PM    10:00 PM             |
| Urban Floods            | Urban Flood - शहरी बाढ़ आने से पहले क्या तैयारी रखें | Hindi         | 01:56 AM    03:56 AM    05:57 AM    07:58 AM    09:58 AM    11:59 AM    01:59 PM    04:00 PM    06:00 PM    08:01 PM    10:02 PM             |
| General                 | 02 July 2021 Today's & Tomorrow's Programmes         | English/hindi | 01:57 AM    03:58 AM    05:58 AM    07:59 AM    09:59 AM    12:00 PM    02:01 PM    04:01 PM    06:02 PM    08:02 PM    10:03 PM             |
| General                 | Bhujagāsana                                          | English       | 01:58 AM    03:58 AM    05:59 AM    07:59 AM    10:00 AM    12:00 PM    02:01 PM    04:02 PM    06:02 PM    08:03 PM    10:03 PM             |
| रविवार, 05 अक्टूबर 2025 |                                                      |               |                                                                                                                                              |
| Sunday, 05 October 2025 |                                                      |               |                                                                                                                                              |
| General                 | Montage                                              | English       | 12:00 AM    02:02 AM    04:04 AM    06:07 AM    08:09 AM    10:12 AM    12:14 PM    02:16 PM    04:19 PM    06:21 PM    08:24 PM    10:26 PM |
| General                 | Class 5 Channel Detail & Time Table                  | English/hindi | 12:00 AM    02:02 AM    04:05 AM    06:07 AM    08:10 AM    10:12 AM    12:14 PM    02:17 PM    04:19 PM    06:22 PM    08:24 PM    10:26 PM |



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|            |                                                              |         |                                                                                                                                              |
|------------|--------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | जेंडर समानता                                                 | Hindi   | 12:01 AM    02:03 AM    04:06 AM    06:08 AM    08:10 AM    10:13 AM    12:15 PM    02:18 PM    04:20 PM    06:22 PM    08:25 PM    10:27 PM |
| Earthquake | Earthquake resistant house                                   | English | 12:08 AM    02:11 AM    04:13 AM    06:15 AM    08:18 AM    10:20 AM    12:23 PM    02:25 PM    04:27 PM    06:30 PM    08:32 PM    10:35 PM |
| Earthquake | Earthquake - What to do when indoors during an earthquake    | English | 12:10 AM    02:12 AM    04:15 AM    06:17 AM    08:19 AM    10:22 AM    12:24 PM    02:27 PM    04:29 PM    06:31 PM    08:34 PM    10:36 PM |
| Earthquake | Earthquake - Drop, Cover, Hold technique                     | English | 12:12 AM    02:14 AM    04:16 AM    06:19 AM    08:21 AM    10:24 AM    12:26 PM    02:28 PM    04:31 PM    06:33 PM    08:36 PM    10:38 PM |
| Earthquake | Earthquake - What to do when outside during an earthquake    | English | 12:13 AM    02:15 AM    04:18 AM    06:20 AM    08:23 AM    10:25 AM    12:27 PM    02:30 PM    04:32 PM    06:35 PM    08:37 PM    10:39 PM |
| Flood      | Urban Flood - How To Deal With The Aftermath Of Urban Floods | English | 12:15 AM    02:17 AM    04:20 AM    06:22 AM    08:24 AM    10:27 AM    12:29 PM    02:32 PM    04:34 PM    06:36 PM    08:39 PM    10:41 PM |
| General    | Growing up Healthy                                           | English | 12:16 AM    02:18 AM    04:21 AM    06:23 AM    08:26 AM    10:28 AM    12:30 PM    02:33 PM    04:35 PM    06:38 PM    08:40 PM    10:42 PM |
| General    | स्वस्थ बढ़ना                                                 | Hindi   | 12:20 AM    02:23 AM    04:25 AM    06:27 AM    08:30 AM    10:32 AM    12:35 PM    02:37 PM    04:39 PM    06:42 PM    08:44 PM    10:47 PM |



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|         |                                        |         |                                                                                                                                              |
|---------|----------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | Emotional well being and mental health | English | 12:25 AM    02:27 AM    04:29 AM    06:32 AM    08:34 AM    10:37 AM    12:39 PM    02:41 PM    04:44 PM    06:46 PM    08:49 PM    10:51 PM |
| General | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य  | Hindi   | 12:30 AM    02:32 AM    04:34 AM    06:37 AM    08:39 AM    10:42 AM    12:44 PM    02:46 PM    04:49 PM    06:51 PM    08:54 PM    10:56 PM |
| General | Interpersonal Relationships            | English | 12:34 AM    02:37 AM    04:39 AM    06:42 AM    08:44 AM    10:46 AM    12:49 PM    02:51 PM    04:54 PM    06:56 PM    08:58 PM    11:01 PM |
| General | पारस्परिक संबंध                        | Hindi   | 12:39 AM    02:42 AM    04:44 AM    06:46 AM    08:49 AM    10:51 AM    12:54 PM    02:56 PM    04:58 PM    07:01 PM    09:03 PM    11:06 PM |
| General | Value and responsible Citizenship      | English | 12:44 AM    02:47 AM    04:49 AM    06:52 AM    08:54 AM    10:56 AM    12:59 PM    03:01 PM    05:04 PM    07:06 PM    09:08 PM    11:11 PM |
| General | मूल्य और जिम्मेदार नागरिकता            | Hindi   | 12:49 AM    02:52 AM    04:54 AM    06:57 AM    08:59 AM    11:01 AM    01:04 PM    03:06 PM    05:09 PM    07:11 PM    09:13 PM    11:16 PM |
| General | Gender Equality                        | English | 12:55 AM    02:57 AM    05:00 AM    07:02 AM    09:05 AM    11:07 AM    01:09 PM    03:12 PM    05:14 PM    07:17 PM    09:19 PM    11:21 PM |
| General | जेंडर समानता                           | Hindi   | 01:02 AM    03:05 AM    05:07 AM    07:09 AM    09:12 AM    11:14 AM    01:17 PM    03:19 PM    05:21 PM    07:24 PM    09:26 PM    11:29 PM |



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|           |                                                              |         |                                                                                                                                              |
|-----------|--------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General   | Nutrition_Health and Sanitation                              | English | 01:10 AM    03:12 AM    05:14 AM    07:17 AM    09:19 AM    11:22 AM    01:24 PM    03:26 PM    05:29 PM    07:31 PM    09:34 PM    11:36 PM |
| General   | पोषण ,स्वास्थ्य और स्वच्छता                                  | Hindi   | 01:16 AM    03:18 AM    05:21 AM    07:23 AM    09:25 AM    11:28 AM    01:30 PM    03:33 PM    05:35 PM    07:37 PM    09:40 PM    11:42 PM |
| General   | Prevention and Management of Substance Misuse                | English | 01:23 AM    03:25 AM    05:27 AM    07:30 AM    09:32 AM    11:35 AM    01:37 PM    03:39 PM    05:42 PM    07:44 PM    09:47 PM    11:49 PM |
| General   | उपभोक्ता संरक्षण                                             | Hindi   | 01:28 AM    03:30 AM    05:33 AM    07:35 AM    09:37 AM    11:40 AM    01:42 PM    03:45 PM    05:47 PM    07:49 PM    09:52 PM    11:54 PM |
| Flood     | Urban Flood - शहरी बाढ़ के परिणाम से कैसे निपटें             | Hindi   | 01:33 AM    03:35 AM    05:38 AM    07:40 AM    09:42 AM    11:45 AM    01:47 PM    03:50 PM    05:52 PM    07:54 PM    09:57 PM    11:59 PM |
| Landslide | Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए | Hindi   | 01:34 AM    03:36 AM    05:39 AM    07:41 AM    09:44 AM    11:46 AM    01:48 PM    03:51 PM    05:53 PM    07:56 PM    09:58 PM             |
| Landslide | Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01   | Hindi   | 01:35 AM    03:38 AM    05:40 AM    07:43 AM    09:45 AM    11:47 AM    01:50 PM    03:52 PM    05:55 PM    07:57 PM    09:59 PM             |
| Landslide | Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02     | Hindi   | 01:37 AM    03:39 AM    05:41 AM    07:44 AM    09:46 AM    11:49 AM    01:51 PM    03:53 PM    05:56 PM    07:58 PM    10:01 PM             |



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|                                                    |                                                     |               |                                                                                                                                              |
|----------------------------------------------------|-----------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General                                            | Foundational Literacy & Numeracy (FLN)              | English       | 01:38 AM    03:40 AM    05:43 AM    07:45 AM    09:47 AM    11:50 AM    01:52 PM    03:55 PM    05:57 PM    07:59 PM    10:02 PM             |
| General                                            | हिंदी शब्दकोष                                       | Hindi         | 01:42 AM    03:44 AM    05:46 AM    07:49 AM    09:51 AM    11:54 AM    01:56 PM    03:58 PM    06:01 PM    08:03 PM    10:06 PM             |
| Urban Floods                                       | Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं | Hindi         | 01:59 AM    04:01 AM    06:04 AM    08:06 AM    10:08 AM    12:11 PM    02:13 PM    04:16 PM    06:18 PM    08:20 PM    10:23 PM             |
| Urban Floods                                       | Urban Flood - शहरी बाढ़ क्यों आती है                | Hindi         | 02:00 AM    04:02 AM    06:05 AM    08:07 AM    10:09 AM    12:12 PM    02:14 PM    04:17 PM    06:19 PM    08:21 PM    10:24 PM             |
| Urban Floods                                       | Urban Flood - शहरी बाढ़ से पहले                     | Hindi         | 02:01 AM    04:03 AM    06:06 AM    08:08 AM    10:11 AM    12:13 PM    02:15 PM    04:18 PM    06:20 PM    08:23 PM    10:25 PM             |
| सोमवार, 06 अक्टूबर 2025<br>Monday, 06 October 2025 |                                                     |               |                                                                                                                                              |
| General                                            | Montage                                             | English       | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:08 PM    08:09 PM    10:10 PM |
| General                                            | Class 5 Channel Detail & Time Table                 | English/hindi | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:10 PM    10:11 PM |



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|         |                                                         |         |                                                                                                                                              |
|---------|---------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi   | 12:01 AM    02:02 AM    04:03 AM    06:04 AM    08:05 AM    10:06 AM    12:07 PM    02:08 PM    04:09 PM    06:10 PM    08:11 PM    10:12 PM |
| General | Real life situations-<br>garbage burning and what to do | English | 12:04 AM    02:05 AM    04:06 AM    06:07 AM    08:08 AM    10:09 AM    12:10 PM    02:11 PM    04:12 PM    06:13 PM    08:14 PM    10:15 PM |
| General | Digital Footprints                                      | English | 12:28 AM    02:29 AM    04:30 AM    06:31 AM    08:32 AM    10:33 AM    12:34 PM    02:35 PM    04:36 PM    06:37 PM    08:38 PM    10:39 PM |
| General | इनोवेटिव टीचर                                           | Hindi   | 12:29 AM    02:30 AM    04:31 AM    06:32 AM    08:33 AM    10:34 AM    12:35 PM    02:36 PM    04:37 PM    06:38 PM    08:39 PM    10:40 PM |
| General | हिंदी शब्दकोष                                           | Hindi   | 12:44 AM    02:45 AM    04:46 AM    06:47 AM    08:48 AM    10:49 AM    12:50 PM    02:51 PM    04:52 PM    06:53 PM    08:54 PM    10:55 PM |
| General | Introduction to waste segregation & dry and wet bins    | English | 01:02 AM    03:03 AM    05:04 AM    07:05 AM    09:06 AM    11:07 AM    01:08 PM    03:09 PM    05:09 PM    07:10 PM    09:11 PM    11:12 PM |
| General | Real life situations-<br>garbage burning and what to do | English | 01:15 AM    03:16 AM    05:17 AM    07:18 AM    09:19 AM    11:20 AM    01:21 PM    03:22 PM    05:23 PM    07:24 PM    09:25 PM    11:26 PM |
| General | गुरु नानक प्रकाश पर्व                                   | Hindi   | 01:39 AM    03:40 AM    05:41 AM    07:42 AM    09:43 AM    11:44 AM    01:45 PM    03:46 PM    05:47 PM    07:48 PM    09:49 PM    11:50 PM |



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|                          |                                          |         |                                                                                                                                              |
|--------------------------|------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Earthquake               | Earthquake - are you safe                | English | 01:51 AM    03:52 AM    05:53 AM    07:54 AM    09:55 AM    11:56 AM    01:57 PM    03:58 PM    05:59 PM    08:00 PM    10:01 PM             |
| Earthquake               | Earthquake - क्या आप सुरक्षित हैं        | Hindi   | 01:52 AM    03:53 AM    05:54 AM    07:55 AM    09:56 AM    11:57 AM    01:58 PM    03:59 PM    06:00 PM    08:01 PM    10:02 PM             |
| Flood                    | Flood - How To Be Prepared For Floods    | English | 01:53 AM    03:54 AM    05:55 AM    07:56 AM    09:57 AM    11:58 AM    01:59 PM    04:00 PM    06:01 PM    08:02 PM    10:03 PM             |
| Flood                    | Flood - What Should Be Done After Floods | English | 01:54 AM    03:55 AM    05:56 AM    07:57 AM    09:58 AM    11:59 AM    02:00 PM    04:01 PM    06:02 PM    08:03 PM    10:04 PM             |
| General                  | योग ओलंपियाड                             | Hindi   | 01:55 AM    03:56 AM    05:57 AM    07:58 AM    09:59 AM    12:00 PM    02:01 PM    04:02 PM    06:03 PM    08:04 PM    10:05 PM             |
| Flood                    | Flood - What To Do During Floods         | English | 02:00 AM    04:00 AM    06:01 AM    08:02 AM    10:03 AM    12:04 PM    02:05 PM    04:06 PM    06:07 PM    08:08 PM    10:09 PM             |
| मंगलवार, 07 अक्टूबर 2025 |                                          |         |                                                                                                                                              |
| Tuesday, 07 October 2025 |                                          |         |                                                                                                                                              |
| General                  | Montage                                  | English | 12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:01 AM    10:01 AM    12:01 PM    02:02 PM    04:02 PM    06:02 PM    08:03 PM    10:03 PM |



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|         |                                                         |               |                                                                                                                                              |
|---------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:01 AM    10:01 AM    12:02 PM    02:02 PM    04:02 PM    06:03 PM    08:03 PM    10:03 PM |
| General | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:01 AM    04:01 AM    06:02 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:03 PM    06:04 PM    08:04 PM    10:04 PM |
| General | Introduction to plasto, our hero and marine pollution   | English       | 12:04 AM    02:04 AM    04:05 AM    06:05 AM    08:05 AM    10:06 AM    12:06 PM    02:06 PM    04:06 PM    06:07 PM    08:07 PM    10:07 PM |
| General | शुभ दिवाली                                              | Hindi         | 12:11 AM    02:12 AM    04:12 AM    06:12 AM    08:13 AM    10:13 AM    12:13 PM    02:14 PM    04:14 PM    06:14 PM    08:14 PM    10:15 PM |
| General | 2 अक्टूबर गांधी जयंती                                   | Hindi         | 12:15 AM    02:15 AM    04:16 AM    06:16 AM    08:16 AM    10:17 AM    12:17 PM    02:17 PM    04:18 PM    06:18 PM    08:18 PM    10:19 PM |
| General | सरदार वल्लभ भाई पटेल                                    | Hindi         | 12:19 AM    02:19 AM    04:20 AM    06:20 AM    08:20 AM    10:20 AM    12:21 PM    02:21 PM    04:21 PM    06:22 PM    08:22 PM    10:22 PM |
| General | Growing up Healthy                                      | English       | 12:22 AM    02:23 AM    04:23 AM    06:23 AM    08:24 AM    10:24 AM    12:24 PM    02:24 PM    04:25 PM    06:25 PM    08:25 PM    10:26 PM |
| General | स्वस्थ बढ़ना                                            | Hindi         | 12:26 AM    02:27 AM    04:27 AM    06:27 AM    08:28 AM    10:28 AM    12:28 PM    02:29 PM    04:29 PM    06:29 PM    08:30 PM    10:30 PM |



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|                |                                                      |               |                                                                                                                                              |
|----------------|------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General        | Emotional well being and mental health               | English       | 12:31 AM    02:31 AM    04:31 AM    06:32 AM    08:32 AM    10:32 AM    12:33 PM    02:33 PM    04:33 PM    06:34 PM    08:34 PM    10:34 PM |
| General        | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य                | Hindi         | 12:36 AM    02:36 AM    04:36 AM    06:37 AM    08:37 AM    10:37 AM    12:38 PM    02:38 PM    04:38 PM    06:39 PM    08:39 PM    10:39 PM |
| General        | Interpersonal Relationships                          | English       | 12:41 AM    02:41 AM    04:41 AM    06:42 AM    08:42 AM    10:42 AM    12:43 PM    02:43 PM    04:43 PM    06:44 PM    08:44 PM    10:44 PM |
| General        | पारस्परिक संबंध                                      | Hindi         | 12:45 AM    02:46 AM    04:46 AM    06:46 AM    08:47 AM    10:47 AM    12:47 PM    02:48 PM    04:48 PM    06:48 PM    08:49 PM    10:49 PM |
| General        | Value and responsible Citizenship                    | English       | 12:51 AM    02:51 AM    04:51 AM    06:52 AM    08:52 AM    10:52 AM    12:53 PM    02:53 PM    04:53 PM    06:54 PM    08:54 PM    10:54 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023            | Hindi         | 12:56 AM    02:56 AM    04:56 AM    06:57 AM    08:57 AM    10:57 AM    12:58 PM    02:58 PM    04:58 PM    06:59 PM    08:59 PM    10:59 PM |
| General        | Real life situations- garbage burning and what to do | English       | 01:24 AM    03:24 AM    05:25 AM    07:25 AM    09:25 AM    11:26 AM    01:26 PM    03:26 PM    05:26 PM    07:27 PM    09:27 PM    11:27 PM |
| English        | My Shadow                                            | English/hindi | 01:48 AM    03:48 AM    05:49 AM    07:49 AM    09:49 AM    11:50 AM    01:50 PM    03:50 PM    05:50 PM    07:51 PM    09:51 PM    11:51 PM |



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बुधवार, 08 अक्टूबर 2025

Wednesday, 08 October 2025

|                |                                                         |               |                                                                                                                                              |
|----------------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General        | Montage                                                 | English       | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:06 PM    06:07 PM    08:08 PM    10:09 PM |
| General        | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:08 PM    08:09 PM    10:09 PM |
| General        | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:02 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:09 PM    10:10 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023               | Hindi         | 12:04 AM    02:05 AM    04:06 AM    06:07 AM    08:07 AM    10:08 AM    12:09 PM    02:10 PM    04:11 PM    06:12 PM    08:13 PM    10:13 PM |
| General        | Nutrition_Health and Sanitation                         | English       | 12:32 AM    02:33 AM    04:34 AM    06:35 AM    08:36 AM    10:37 AM    12:37 PM    02:38 PM    04:39 PM    06:40 PM    08:41 PM    10:42 PM |
| General        | पोषण ,स्वास्थ्य और स्वच्छता                             | Hindi         | 12:39 AM    02:39 AM    04:40 AM    06:41 AM    08:42 AM    10:43 AM    12:44 PM    02:45 PM    04:45 PM    06:46 PM    08:47 PM    10:48 PM |
| General        | Prevention and Management of Substance Misuse           | English       | 12:45 AM    02:46 AM    04:47 AM    06:48 AM    08:49 AM    10:50 AM    12:50 PM    02:51 PM    04:52 PM    06:53 PM    08:54 PM    10:55 PM |



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|         |                                                   |         |                                                                                                                                              |
|---------|---------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन           | Hindi   | 12:51 AM    02:51 AM    04:52 AM    06:53 AM    08:54 AM    10:55 AM    12:56 PM    02:57 PM    04:57 PM    06:58 PM    08:59 PM    11:00 PM |
| General | Promotion of Healthy Lifestyle                    | English | 12:56 AM    02:57 AM    04:58 AM    06:59 AM    09:00 AM    11:01 AM    01:02 PM    03:02 PM    05:03 PM    07:04 PM    09:05 PM    11:06 PM |
| General | स्वस्थ जीवन शैली को बढ़ावा देना                   | Hindi   | 01:02 AM    03:03 AM    05:04 AM    07:05 AM    09:06 AM    11:07 AM    01:08 PM    03:08 PM    05:09 PM    07:10 PM    09:11 PM    11:12 PM |
| General | Reproductive Health and HIV Prevention            | English | 01:08 AM    03:09 AM    05:10 AM    07:11 AM    09:12 AM    11:13 AM    01:14 PM    03:15 PM    05:15 PM    07:16 PM    09:17 PM    11:18 PM |
| General | प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम           | Hindi   | 01:14 AM    03:15 AM    05:16 AM    07:17 AM    09:17 AM    11:18 AM    01:19 PM    03:20 PM    05:21 PM    07:22 PM    09:23 PM    11:23 PM |
| General | Safety and Security against Violence and Injuries | English | 01:20 AM    03:21 AM    05:21 AM    07:22 AM    09:23 AM    11:24 AM    01:25 PM    03:26 PM    05:27 PM    07:28 PM    09:28 PM    11:29 PM |
| General | हिंसा और चोटों के खिलाफ सुरक्षा                   | Hindi   | 01:25 AM    03:26 AM    05:27 AM    07:28 AM    09:29 AM    11:30 AM    01:31 PM    03:31 PM    05:32 PM    07:33 PM    09:34 PM    11:35 PM |
| General | Safe Use of Internet_Gadgets and Media            | English | 01:31 AM    03:32 AM    05:33 AM    07:34 AM    09:35 AM    11:35 AM    01:36 PM    03:37 PM    05:38 PM    07:39 PM    09:40 PM    11:41 PM |



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|                              |                                                              |         |                                                                                                                                              |
|------------------------------|--------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General                      | इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना      | Hindi   | 01:37 AM    03:38 AM    05:39 AM    07:40 AM    09:41 AM    11:41 AM    01:42 PM    03:43 PM    05:44 PM    07:45 PM    09:46 PM    11:47 PM |
| General                      | Azadi ki Amrit Kahaniyan (Harshini Kanhekar- Agni)           | English | 01:43 AM    03:44 AM    05:45 AM    07:46 AM    09:47 AM    11:48 AM    01:48 PM    03:49 PM    05:50 PM    07:51 PM    09:52 PM    11:53 PM |
| Earthquake                   | Earthquake - क्या आप सुरक्षित हैं                            | Hindi   | 01:46 AM    03:46 AM    05:47 AM    07:48 AM    09:49 AM    11:50 AM    01:51 PM    03:52 PM    05:52 PM    07:53 PM    09:54 PM    11:55 PM |
| Flood                        | Flood - How To Be Prepared For Floods                        | English | 01:46 AM    03:47 AM    05:48 AM    07:49 AM    09:50 AM    11:50 AM    01:51 PM    03:52 PM    05:53 PM    07:54 PM    09:55 PM    11:56 PM |
| Landslide                    | Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए | Hindi   | 01:47 AM    03:48 AM    05:49 AM    07:50 AM    09:51 AM    11:51 AM    01:52 PM    03:53 PM    05:54 PM    07:55 PM    09:56 PM    11:57 PM |
| General                      | गुरु नानक प्रकाश पर्व                                        | Hindi   | 01:48 AM    03:49 AM    05:50 AM    07:51 AM    09:52 AM    11:53 AM    01:54 PM    03:55 PM    05:55 PM    07:56 PM    09:57 PM    11:58 PM |
| बृहस्पतिवार, 09 अक्टूबर 2025 |                                                              |         |                                                                                                                                              |
| Thursday, 09 October 2025    |                                                              |         |                                                                                                                                              |
| General                      | Montage                                                      | English | 12:00 AM    02:02 AM    04:04 AM    06:06 AM    08:08 AM    10:10 AM    12:12 PM    02:14 PM    04:17 PM    06:19 PM    08:21 PM    10:23 PM |



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|         |                                                        |               |                                                                                                                                              |
|---------|--------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | Class 5 Channel Detail & Time Table                    | English/hindi | 12:00 AM    02:02 AM    04:04 AM    06:06 AM    08:08 AM    10:11 AM    12:13 PM    02:15 PM    04:17 PM    06:19 PM    08:21 PM    10:23 PM |
| General | Introduction to plastic, our hero and marine pollution | English       | 12:01 AM    02:03 AM    04:05 AM    06:07 AM    08:09 AM    10:11 AM    12:14 PM    02:16 PM    04:18 PM    06:20 PM    08:22 PM    10:24 PM |
| General | शुभ दिवाली                                             | Hindi         | 12:08 AM    02:10 AM    04:12 AM    06:14 AM    08:17 AM    10:19 AM    12:21 PM    02:23 PM    04:25 PM    06:27 PM    08:29 PM    10:32 PM |
| General | 2 अक्टूबर गांधी जयंती                                  | Hindi         | 12:12 AM    02:14 AM    04:16 AM    06:18 AM    08:20 AM    10:23 AM    12:25 PM    02:27 PM    04:29 PM    06:31 PM    08:33 PM    10:35 PM |
| General | सरदार वल्लभ भाई पटेल                                   | Hindi         | 12:16 AM    02:18 AM    04:20 AM    06:22 AM    08:24 AM    10:26 AM    12:28 PM    02:31 PM    04:33 PM    06:35 PM    08:37 PM    10:39 PM |
| General | Growing up Healthy                                     | English       | 12:19 AM    02:21 AM    04:23 AM    06:25 AM    08:28 AM    10:30 AM    12:32 PM    02:34 PM    04:36 PM    06:38 PM    08:40 PM    10:43 PM |
| General | स्वस्थ बढ़ना                                           | Hindi         | 12:23 AM    02:25 AM    04:28 AM    06:30 AM    08:32 AM    10:34 AM    12:36 PM    02:38 PM    04:40 PM    06:42 PM    08:45 PM    10:47 PM |
| General | Emotional well being and mental health                 | English       | 12:28 AM    02:30 AM    04:32 AM    06:34 AM    08:36 AM    10:38 AM    12:40 PM    02:43 PM    04:45 PM    06:47 PM    08:49 PM    10:51 PM |



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|         |                                               |         |                                                                                                                                              |
|---------|-----------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य         | Hindi   | 12:33 AM    02:35 AM    04:37 AM    06:39 AM    08:41 AM    10:43 AM    12:45 PM    02:47 PM    04:50 PM    06:52 PM    08:54 PM    10:56 PM |
| General | Interpersonal Relationships                   | English | 12:38 AM    02:40 AM    04:42 AM    06:44 AM    08:46 AM    10:48 AM    12:50 PM    02:52 PM    04:55 PM    06:57 PM    08:59 PM    11:01 PM |
| General | पारस्परिक संबंध                               | Hindi   | 12:42 AM    02:44 AM    04:46 AM    06:49 AM    08:51 AM    10:53 AM    12:55 PM    02:57 PM    04:59 PM    07:01 PM    09:03 PM    11:06 PM |
| General | Value and responsible Citizenship             | English | 12:47 AM    02:50 AM    04:52 AM    06:54 AM    08:56 AM    10:58 AM    01:00 PM    03:02 PM    05:05 PM    07:07 PM    09:09 PM    11:11 PM |
| General | Gender Equality                               | English | 12:52 AM    02:55 AM    04:57 AM    06:59 AM    09:01 AM    11:03 AM    01:05 PM    03:07 PM    05:10 PM    07:12 PM    09:14 PM    11:16 PM |
| General | जेंडर समानता                                  | Hindi   | 01:00 AM    03:02 AM    05:04 AM    07:06 AM    09:08 AM    11:10 AM    01:12 PM    03:15 PM    05:17 PM    07:19 PM    09:21 PM    11:23 PM |
| General | Nutrition_Health and Sanitation               | English | 01:07 AM    03:09 AM    05:11 AM    07:13 AM    09:16 AM    11:18 AM    01:20 PM    03:22 PM    05:24 PM    07:26 PM    09:28 PM    11:30 PM |
| General | Prevention and Management of Substance Misuse | English | 01:13 AM    03:15 AM    05:18 AM    07:20 AM    09:22 AM    11:24 AM    01:26 PM    03:28 PM    05:30 PM    07:33 PM    09:35 PM    11:37 PM |



|                                                      |                                                         |               |                                                                                                                                              |
|------------------------------------------------------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| AAPDA KA SAMNA                                       | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023               | Hindi         | 01:19 AM    03:21 AM    05:23 AM    07:25 AM    09:27 AM    11:29 AM    01:31 PM    03:34 PM    05:36 PM    07:38 PM    09:40 PM    11:42 PM |
| General                                              | जेंडर समानता                                            | Hindi         | 01:47 AM    03:49 AM    05:51 AM    07:53 AM    09:55 AM    11:58 AM    02:00 PM    04:02 PM    06:04 PM    08:06 PM    10:08 PM             |
| General                                              | जेंडर समानता                                            | Hindi         | 01:54 AM    03:56 AM    05:59 AM    08:01 AM    10:03 AM    12:05 PM    02:07 PM    04:09 PM    06:11 PM    08:13 PM    10:16 PM             |
| शुक्रवार, 10 अक्टूबर 2025<br>Friday, 10 October 2025 |                                                         |               |                                                                                                                                              |
| General                                              | Montage                                                 | English       | 12:00 AM    02:01 AM    04:03 AM    06:05 AM    08:07 AM    10:09 AM    12:11 PM    02:13 PM    04:15 PM    06:17 PM    08:19 PM    10:21 PM |
| General                                              | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:02 AM    04:04 AM    06:06 AM    08:08 AM    10:10 AM    12:12 PM    02:13 PM    04:15 PM    06:17 PM    08:19 PM    10:21 PM |
| General                                              | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:03 AM    04:05 AM    06:07 AM    08:08 AM    10:10 AM    12:12 PM    02:14 PM    04:16 PM    06:18 PM    08:20 PM    10:22 PM |
| AAPDA KA SAMNA                                       | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023               | Hindi         | 12:04 AM    02:06 AM    04:08 AM    06:10 AM    08:12 AM    10:14 AM    12:16 PM    02:17 PM    04:19 PM    06:21 PM    08:23 PM    10:25 PM |



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|            |                                                         |         |                                                                                                                                              |
|------------|---------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Earthquake | Earthquake - क्या आप सुरक्षित हैं                       | Hindi   | 12:32 AM    02:34 AM    04:36 AM    06:38 AM    08:40 AM    10:42 AM    12:44 PM    02:46 PM    04:48 PM    06:50 PM    08:52 PM    10:53 PM |
| Flood      | Flood - How To Be Prepared For Floods                   | English | 12:33 AM    02:35 AM    04:37 AM    06:39 AM    08:41 AM    10:42 AM    12:44 PM    02:46 PM    04:48 PM    06:50 PM    08:52 PM    10:54 PM |
| General    | Real life situations-<br>garbage burning and what to do | English | 12:34 AM    02:36 AM    04:38 AM    06:40 AM    08:41 AM    10:43 AM    12:45 PM    02:47 PM    04:49 PM    06:51 PM    08:53 PM    10:55 PM |
| General    | Introduction to waste segregation & dry and wet bins    | English | 12:58 AM    03:00 AM    05:02 AM    07:04 AM    09:05 AM    11:07 AM    01:09 PM    03:11 PM    05:13 PM    07:15 PM    09:17 PM    11:19 PM |
| General    | जेंडर समानता                                            | Hindi   | 01:11 AM    03:13 AM    05:15 AM    07:17 AM    09:19 AM    11:21 AM    01:23 PM    03:25 PM    05:27 PM    07:29 PM    09:31 PM    11:33 PM |
| General    | Real life situations-<br>garbage burning and what to do | English | 01:19 AM    03:21 AM    05:23 AM    07:25 AM    09:27 AM    11:28 AM    01:30 PM    03:32 PM    05:34 PM    07:36 PM    09:38 PM    11:40 PM |
| General    | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य                   | Hindi   | 01:43 AM    03:45 AM    05:47 AM    07:49 AM    09:51 AM    11:52 AM    01:54 PM    03:56 PM    05:58 PM    08:00 PM    10:02 PM             |
| General    | Introduction to waste segregation & dry and wet bins    | English | 01:48 AM    03:50 AM    05:52 AM    07:54 AM    09:56 AM    11:57 AM    01:59 PM    04:01 PM    06:03 PM    08:05 PM    10:07 PM             |



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शनिवार, 11 अक्टूबर 2025

Saturday, 11 October 2025

|            |                                               |               |                                                                                                                                              |
|------------|-----------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | Montage                                       | English       | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:03 AM    10:04 AM    12:05 PM    02:05 PM    04:06 PM    06:07 PM    08:08 PM    10:09 PM |
| General    | Class 5 Channel Detail & Time Table           | English/Hindi | 12:00 AM    02:01 AM    04:02 AM    06:02 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:08 PM    08:08 PM    10:09 PM |
| Earthquake | Earthquake - क्या आप सुरक्षित हैं             | Hindi         | 12:01 AM    02:02 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:08 PM    08:09 PM    10:10 PM |
| Flood      | Flood - How To Be Prepared For Floods         | English       | 12:01 AM    02:02 AM    04:03 AM    06:04 AM    08:05 AM    10:06 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:10 PM    10:11 PM |
| Flood      | Flood - बाढ़ से पहले क्या करें और क्या न करें | Hindi         | 12:02 AM    02:03 AM    04:04 AM    06:05 AM    08:06 AM    10:07 AM    12:07 PM    02:08 PM    04:09 PM    06:10 PM    08:11 PM    10:12 PM |
| General    | इनोवेटिव टीचर                                 | Hindi         | 12:03 AM    02:04 AM    04:05 AM    06:06 AM    08:07 AM    10:08 AM    12:08 PM    02:09 PM    04:10 PM    06:11 PM    08:12 PM    10:13 PM |
| General    | हिंदी शब्दकोष                                 | Hindi         | 12:19 AM    02:20 AM    04:20 AM    06:21 AM    08:22 AM    10:23 AM    12:24 PM    02:25 PM    04:26 PM    06:26 PM    08:27 PM    10:28 PM |



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|           |                                                              |         |                                                                                                                                              |
|-----------|--------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General   | Introduction to waste segregation & dry and wet bins         | English | 12:36 AM    02:37 AM    04:38 AM    06:39 AM    08:39 AM    10:40 AM    12:41 PM    02:42 PM    04:43 PM    06:44 PM    08:44 PM    10:45 PM |
| General   | Real life situations- garbage burning and what to do         | English | 12:50 AM    02:51 AM    04:51 AM    06:52 AM    08:53 AM    10:54 AM    12:55 PM    02:56 PM    04:56 PM    06:57 PM    08:58 PM    10:59 PM |
| General   | गुरु नानक प्रकाश पर्व                                        | Hindi   | 01:14 AM    03:15 AM    05:15 AM    07:16 AM    09:17 AM    11:18 AM    01:19 PM    03:20 PM    05:20 PM    07:21 PM    09:22 PM    11:23 PM |
| Flood     | Flood - बाढ़ से पहले क्या तैयारी रखें                        | Hindi   | 01:26 AM    03:26 AM    05:27 AM    07:28 AM    09:29 AM    11:30 AM    01:31 PM    03:31 PM    05:32 PM    07:33 PM    09:34 PM    11:35 PM |
| Landslide | Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए | Hindi   | 01:27 AM    03:28 AM    05:29 AM    07:29 AM    09:30 AM    11:31 AM    01:32 PM    03:33 PM    05:34 PM    07:35 PM    09:35 PM    11:36 PM |
| General   | Gender Equality                                              | English | 01:28 AM    03:29 AM    05:30 AM    07:31 AM    09:32 AM    11:33 AM    01:33 PM    03:34 PM    05:35 PM    07:36 PM    09:37 PM    11:38 PM |
| General   | Nutrition_Health and Sanitation                              | English | 01:36 AM    03:36 AM    05:37 AM    07:38 AM    09:39 AM    11:40 AM    01:41 PM    03:41 PM    05:42 PM    07:43 PM    09:44 PM    11:45 PM |
| Landslide | Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01   | Hindi   | 01:42 AM    03:43 AM    05:44 AM    07:44 AM    09:45 AM    11:46 AM    01:47 PM    03:48 PM    05:49 PM    07:50 PM    09:50 PM    11:51 PM |



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|                         |                                                         |               |                                                                                                                                              |
|-------------------------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General                 | हिंदी शब्दकोष                                           | Hindi         | 01:43 AM    03:44 AM    05:45 AM    07:46 AM    09:46 AM    11:47 AM    01:48 PM    03:49 PM    05:50 PM    07:51 PM    09:52 PM    11:52 PM |
| रविवार, 12 अक्टूबर 2025 |                                                         |               |                                                                                                                                              |
| Sunday, 12 October 2025 |                                                         |               |                                                                                                                                              |
| General                 | Montage                                                 | English       | 12:00 AM    02:02 AM    04:05 AM    06:07 AM    08:10 AM    10:13 AM    12:15 PM    02:18 PM    04:20 PM    06:23 PM    08:26 PM    10:28 PM |
| General                 | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:03 AM    04:05 AM    06:08 AM    08:10 AM    10:13 AM    12:16 PM    02:18 PM    04:21 PM    06:23 PM    08:26 PM    10:29 PM |
| General                 | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:03 AM    04:06 AM    06:09 AM    08:11 AM    10:14 AM    12:16 PM    02:19 PM    04:22 PM    06:24 PM    08:27 PM    10:30 PM |
| General                 | मूल्य और जिम्मेदार नागरिकता                             | Hindi         | 12:04 AM    02:07 AM    04:09 AM    06:12 AM    08:14 AM    10:17 AM    12:20 PM    02:22 PM    04:25 PM    06:27 PM    08:30 PM    10:33 PM |
| General                 | Gender Equality                                         | English       | 12:09 AM    02:12 AM    04:15 AM    06:17 AM    08:20 AM    10:23 AM    12:25 PM    02:28 PM    04:30 PM    06:33 PM    08:36 PM    10:38 PM |
| General                 | जेंडर समानता                                            | Hindi         | 12:17 AM    02:19 AM    04:22 AM    06:24 AM    08:27 AM    10:30 AM    12:32 PM    02:35 PM    04:38 PM    06:40 PM    08:43 PM    10:45 PM |



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|         |                                               |         |                                                                                                                                              |
|---------|-----------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | Nutrition_Health and Sanitation               | English | 12:24 AM    02:27 AM    04:29 AM    06:32 AM    08:34 AM    10:37 AM    12:40 PM    02:42 PM    04:45 PM    06:48 PM    08:50 PM    10:53 PM |
| General | पोषण ,स्वास्थ्य और स्वच्छता                   | Hindi   | 12:30 AM    02:33 AM    04:36 AM    06:38 AM    08:41 AM    10:43 AM    12:46 PM    02:49 PM    04:51 PM    06:54 PM    08:57 PM    10:59 PM |
| General | Prevention and Management of Substance Misuse | English | 12:37 AM    02:40 AM    04:42 AM    06:45 AM    08:47 AM    10:50 AM    12:53 PM    02:55 PM    04:58 PM    07:01 PM    09:03 PM    11:06 PM |
| General | पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन       | Hindi   | 12:42 AM    02:45 AM    04:48 AM    06:50 AM    08:53 AM    10:55 AM    12:58 PM    03:01 PM    05:03 PM    07:06 PM    09:08 PM    11:11 PM |
| General | Promotion of Healthy Lifestyle                | English | 12:48 AM    02:51 AM    04:53 AM    06:56 AM    08:59 AM    11:01 AM    01:04 PM    03:07 PM    05:09 PM    07:12 PM    09:14 PM    11:17 PM |
| General | स्वस्थ जीवन शैली को बढ़ावा देना               | Hindi   | 12:54 AM    02:57 AM    04:59 AM    07:02 AM    09:05 AM    11:07 AM    01:10 PM    03:12 PM    05:15 PM    07:18 PM    09:20 PM    11:23 PM |
| General | Reproductive Health and HIV Prevention        | English | 01:00 AM    03:03 AM    05:06 AM    07:08 AM    09:11 AM    11:13 AM    01:16 PM    03:19 PM    05:21 PM    07:24 PM    09:26 PM    11:29 PM |
| General | प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम       | Hindi   | 01:06 AM    03:08 AM    05:11 AM    07:14 AM    09:16 AM    11:19 AM    01:21 PM    03:24 PM    05:27 PM    07:29 PM    09:32 PM    11:35 PM |



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|                         |                                                   |               |                                                                                                                                              |
|-------------------------|---------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General                 | Safety and Security against Violence and Injuries | English       | 01:12 AM    03:14 AM    05:17 AM    07:19 AM    09:22 AM    11:25 AM    01:27 PM    03:30 PM    05:32 PM    07:35 PM    09:38 PM    11:40 PM |
| General                 | हिंसा और चोटों के खिलाफ सुरक्षा                   | Hindi         | 01:17 AM    03:20 AM    05:22 AM    07:25 AM    09:28 AM    11:30 AM    01:33 PM    03:36 PM    05:38 PM    07:41 PM    09:43 PM    11:46 PM |
| General                 | Safe Use of Internet_Gadgets and Media            | English       | 01:23 AM    03:26 AM    05:28 AM    07:31 AM    09:33 AM    11:36 AM    01:39 PM    03:41 PM    05:44 PM    07:46 PM    09:49 PM    11:52 PM |
| General                 | उपभोक्ता संरक्षण                                  | Hindi         | 01:29 AM    03:31 AM    05:34 AM    07:37 AM    09:39 AM    11:42 AM    01:45 PM    03:47 PM    05:50 PM    07:52 PM    09:55 PM    11:58 PM |
| AAPDA KA SAMNA          | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023         | Hindi         | 01:34 AM    03:36 AM    05:39 AM    07:42 AM    09:44 AM    11:47 AM    01:50 PM    03:52 PM    05:55 PM    07:57 PM    10:00 PM             |
| सोमवार, 13 अक्टूबर 2025 |                                                   |               |                                                                                                                                              |
| Monday, 13 October 2025 |                                                   |               |                                                                                                                                              |
| General                 | Montage                                           | English       | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:10 PM    10:11 PM |
| General                 | Class 5 Channel Detail & Time Table               | English/hindi | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:09 PM    06:10 PM    08:11 PM    10:12 PM |



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|                   |                                                            |         |                                                                                                                                              |
|-------------------|------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General           | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?    | Hindi   | 12:01 AM    02:02 AM    04:03 AM    06:04 AM    08:05 AM    10:06 AM    12:07 PM    02:08 PM    04:09 PM    06:10 PM    08:12 PM    10:13 PM |
| General           | Real life situations-<br>garbage burning and what<br>to do | English | 12:04 AM    02:05 AM    04:06 AM    06:07 AM    08:08 AM    10:09 AM    12:10 PM    02:12 PM    04:13 PM    06:14 PM    08:15 PM    10:16 PM |
| General           | गुरु नानक प्रकाश पर्व                                      | Hindi   | 12:28 AM    02:29 AM    04:30 AM    06:31 AM    08:32 AM    10:33 AM    12:34 PM    02:36 PM    04:37 PM    06:38 PM    08:39 PM    10:40 PM |
| AAPDA KA<br>SAMNA | Urban Flood-AAPDA KA<br>SAMNA FOR 09-07-2023               | Hindi   | 12:40 AM    02:41 AM    04:42 AM    06:43 AM    08:44 AM    10:45 AM    12:46 PM    02:47 PM    04:48 PM    06:50 PM    08:51 PM    10:52 PM |
| General           | Emotional well being and<br>mental health                  | English | 01:08 AM    03:09 AM    05:10 AM    07:11 AM    09:12 AM    11:14 AM    01:15 PM    03:16 PM    05:17 PM    07:18 PM    09:19 PM    11:20 PM |
| General           | भावनात्मक कल्याण एवं मानसिक<br>स्वास्थ्य                   | Hindi   | 01:13 AM    03:14 AM    05:15 AM    07:16 AM    09:17 AM    11:18 AM    01:20 PM    03:21 PM    05:22 PM    07:23 PM    09:24 PM    11:25 PM |
| General           | Interpersonal Relationships                                | English | 01:18 AM    03:19 AM    05:20 AM    07:21 AM    09:22 AM    11:23 AM    01:25 PM    03:26 PM    05:27 PM    07:28 PM    09:29 PM    11:30 PM |
| General           | पारस्परिक संबंध                                            | Hindi   | 01:23 AM    03:24 AM    05:25 AM    07:26 AM    09:27 AM    11:28 AM    01:29 PM    03:30 PM    05:31 PM    07:32 PM    09:34 PM    11:35 PM |



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|                          |                                   |         |                                                                                                                                              |
|--------------------------|-----------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General                  | Value and responsible Citizenship | English | 01:28 AM    03:29 AM    05:30 AM    07:31 AM    09:32 AM    11:33 AM    01:35 PM    03:36 PM    05:37 PM    07:38 PM    09:39 PM    11:40 PM |
| General                  | मूल्य और जिम्मेदार नागरिकता       | Hindi   | 01:33 AM    03:34 AM    05:35 AM    07:36 AM    09:37 AM    11:38 AM    01:39 PM    03:41 PM    05:42 PM    07:43 PM    09:44 PM    11:45 PM |
| General                  | Gender Equality                   | English | 01:39 AM    03:40 AM    05:41 AM    07:42 AM    09:43 AM    11:44 AM    01:45 PM    03:46 PM    05:47 PM    07:48 PM    09:49 PM    11:50 PM |
| General                  | जेंडर समानता                      | Hindi   | 01:46 AM    03:47 AM    05:48 AM    07:49 AM    09:50 AM    11:51 AM    01:52 PM    03:53 PM    05:54 PM    07:55 PM    09:57 PM    11:58 PM |
| General                  | Nutrition_Health and Sanitation   | English | 01:53 AM    03:54 AM    05:55 AM    07:56 AM    09:57 AM    11:58 AM    02:00 PM    04:01 PM    06:02 PM    08:03 PM    10:04 PM             |
| General                  | Cyberbullying                     | English | 01:59 AM    04:00 AM    06:02 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:08 PM    08:09 PM    10:10 PM             |
| मंगलवार, 14 अक्टूबर 2025 |                                   |         |                                                                                                                                              |
| Tuesday, 14 October 2025 |                                   |         |                                                                                                                                              |
| General                  | Montage                           | English | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:11 PM    10:12 PM |



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|         |                                                         |               |                                                                                                                                              |
|---------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:07 PM    02:08 PM    04:09 PM    06:10 PM    08:11 PM    10:12 PM |
| General | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:02 AM    04:03 AM    06:04 AM    08:05 AM    10:06 AM    12:07 PM    02:08 PM    04:10 PM    06:11 PM    08:12 PM    10:13 PM |
| General | हिंदी शब्दकोष                                           | Hindi         | 12:04 AM    02:05 AM    04:06 AM    06:07 AM    08:08 AM    10:09 AM    12:11 PM    02:12 PM    04:13 PM    06:14 PM    08:15 PM    10:16 PM |
| General | इनोवेटिव टीचर                                           | Hindi         | 12:21 AM    02:22 AM    04:23 AM    06:25 AM    08:26 AM    10:27 AM    12:28 PM    02:29 PM    04:30 PM    06:31 PM    08:32 PM    10:33 PM |
| General | Introduction to waste segregation & dry and wet bins    | English       | 12:37 AM    02:38 AM    04:39 AM    06:40 AM    08:41 AM    10:42 AM    12:43 PM    02:44 PM    04:45 PM    06:47 PM    08:48 PM    10:49 PM |
| General | गुरु नानक प्रकाश पर्व                                   | Hindi         | 12:50 AM    02:51 AM    04:53 AM    06:54 AM    08:55 AM    10:56 AM    12:57 PM    02:58 PM    04:59 PM    07:00 PM    09:01 PM    11:02 PM |
| General | Real life situations- garbage burning and what to do    | English       | 01:02 AM    03:03 AM    05:04 AM    07:06 AM    09:07 AM    11:08 AM    01:09 PM    03:10 PM    05:11 PM    07:12 PM    09:13 PM    11:14 PM |
| General | इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना | Hindi         | 01:26 AM    03:27 AM    05:28 AM    07:30 AM    09:31 AM    11:32 AM    01:33 PM    03:34 PM    05:35 PM    07:36 PM    09:37 PM    11:38 PM |



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|                            |                                                         |               |                                                                                                                                              |
|----------------------------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| AAPDA KA SAMNA             | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023               | Hindi         | 01:32 AM    03:33 AM    05:35 AM    07:36 AM    09:37 AM    11:38 AM    01:39 PM    03:40 PM    05:41 PM    07:42 PM    09:43 PM    11:44 PM |
| बुधवार, 15 अक्टूबर 2025    |                                                         |               |                                                                                                                                              |
| Wednesday, 15 October 2025 |                                                         |               |                                                                                                                                              |
| General                    | Montage                                                 | English       | 12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:04 PM    06:05 PM    08:05 PM    10:06 PM |
| General                    | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:03 PM    02:04 PM    04:04 PM    06:05 PM    08:06 PM    10:06 PM |
| General                    | Gender Equality                                         | English       | 12:01 AM    02:01 AM    04:02 AM    06:02 AM    08:03 AM    10:04 AM    12:04 PM    02:05 PM    04:05 PM    06:06 PM    08:06 PM    10:07 PM |
| General                    | जेंडर समानता                                            | Hindi         | 12:08 AM    02:08 AM    04:09 AM    06:10 AM    08:10 AM    10:11 AM    12:11 PM    02:12 PM    04:12 PM    06:13 PM    08:14 PM    10:14 PM |
| General                    | इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना | Hindi         | 12:15 AM    02:16 AM    04:16 AM    06:17 AM    08:18 AM    10:18 AM    12:19 PM    02:19 PM    04:20 PM    06:20 PM    08:21 PM    10:21 PM |
| General                    | Nutrition_Health and Sanitation                         | English       | 12:21 AM    02:22 AM    04:23 AM    06:23 AM    08:24 AM    10:24 AM    12:25 PM    02:25 PM    04:26 PM    06:26 PM    08:27 PM    10:28 PM |



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|         |                                                   |         |                                                                                                                                              |
|---------|---------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | पोषण ,स्वास्थ्य और स्वच्छता                       | Hindi   | 12:28 AM    02:28 AM    04:29 AM    06:29 AM    08:30 AM    10:31 AM    12:31 PM    02:32 PM    04:32 PM    06:33 PM    08:33 PM    10:34 PM |
| General | Prevention and Management of Substance Misuse     | English | 12:34 AM    02:35 AM    04:36 AM    06:36 AM    08:37 AM    10:37 AM    12:38 PM    02:38 PM    04:39 PM    06:39 PM    08:40 PM    10:41 PM |
| General | पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन           | Hindi   | 12:40 AM    02:40 AM    04:41 AM    06:41 AM    08:42 AM    10:43 AM    12:43 PM    02:44 PM    04:44 PM    06:45 PM    08:45 PM    10:46 PM |
| General | Promotion of Healthy Lifestyle                    | English | 12:46 AM    02:46 AM    04:47 AM    06:47 AM    08:48 AM    10:48 AM    12:49 PM    02:50 PM    04:50 PM    06:51 PM    08:51 PM    10:52 PM |
| General | स्वस्थ जीवन शैली को बढ़ावा देना                   | Hindi   | 12:52 AM    02:52 AM    04:53 AM    06:53 AM    08:54 AM    10:54 AM    12:55 PM    02:55 PM    04:56 PM    06:57 PM    08:57 PM    10:58 PM |
| General | Reproductive Health and HIV Prevention            | English | 12:58 AM    02:58 AM    04:59 AM    06:59 AM    09:00 AM    11:00 AM    01:01 PM    03:02 PM    05:02 PM    07:03 PM    09:03 PM    11:04 PM |
| General | प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम           | Hindi   | 01:03 AM    03:04 AM    05:04 AM    07:05 AM    09:05 AM    11:06 AM    01:07 PM    03:07 PM    05:08 PM    07:08 PM    09:09 PM    11:09 PM |
| General | Safety and Security against Violence and Injuries | English | 01:09 AM    03:09 AM    05:10 AM    07:11 AM    09:11 AM    11:12 AM    01:12 PM    03:13 PM    05:13 PM    07:14 PM    09:15 PM    11:15 PM |



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|                |                                                     |         |                                                                                                                                              |
|----------------|-----------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General        | हिंसा और चोटों के खिलाफ सुरक्षा                     | Hindi   | 01:15 AM    03:15 AM    05:16 AM    07:16 AM    09:17 AM    11:17 AM    01:18 PM    03:19 PM    05:19 PM    07:20 PM    09:20 PM    11:21 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023           | Hindi   | 01:20 AM    03:21 AM    05:21 AM    07:22 AM    09:23 AM    11:23 AM    01:24 PM    03:24 PM    05:25 PM    07:25 PM    09:26 PM    11:26 PM |
| General        | Azadi ki Amrit Kahaniyan (Tanvi Jagadish- Sagar)    | English | 01:49 AM    03:49 AM    05:50 AM    07:50 AM    09:51 AM    11:51 AM    01:52 PM    03:52 PM    05:53 PM    07:54 PM    09:54 PM    11:55 PM |
| General        | Azadi ki Amrit Kahaniyan (Poonam Nautiyal- Jeevan ) | English | 01:51 AM    03:51 AM    05:52 AM    07:53 AM    09:53 AM    11:54 AM    01:54 PM    03:55 PM    05:55 PM    07:56 PM    09:56 PM    11:57 PM |
| General        | Azadi ki Amrit Kahaniyan (Aarohi Pandit- Vayu)      | English | 01:53 AM    03:54 AM    05:54 AM    07:55 AM    09:55 AM    11:56 AM    01:57 PM    03:57 PM    05:58 PM    07:58 PM    09:59 PM    11:59 PM |
| General        | Azadi ki Amrit Kahaniyan (Harshini Kanhekar- Agni)  | English | 01:55 AM    03:56 AM    05:57 AM    07:57 AM    09:58 AM    11:58 AM    01:59 PM    03:59 PM    06:00 PM    08:01 PM    10:01 PM             |
| General        | Azadi ki Amrit Kahaniyan (Basanti Devi - Jal)       | English | 01:58 AM    03:58 AM    05:59 AM    07:59 AM    10:00 AM    12:01 PM    02:01 PM    04:02 PM    06:02 PM    08:03 PM    10:03 PM             |



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बृहस्पतिवार, 16 अक्टूबर 2025

Thursday, 16 October 2025

|         |                                                         |               |                                                                                                                                                          |
|---------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| General | Montage                                                 | English       | 12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:58 PM    03:58 PM    05:58 PM    07:58 PM    09:58 PM    11:58 PM |
| General | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:00 AM    04:00 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:58 PM    07:58 PM    09:58 PM    11:58 PM |
| General | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:01 AM    04:00 AM    06:00 AM    08:00 AM    10:00 AM    12:00 PM    02:00 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM |
| General | Real life situations- garbage burning and what to do    | English       | 12:04 AM    02:04 AM    04:04 AM    06:03 AM    08:03 AM    10:03 AM    12:03 PM    02:03 PM    04:03 PM    06:02 PM    08:02 PM    10:02 PM             |
| General | 2 अक्टूबर गांधी जयंती                                   | Hindi         | 12:28 AM    02:28 AM    04:28 AM    06:27 AM    08:27 AM    10:27 AM    12:27 PM    02:27 PM    04:27 PM    06:26 PM    08:26 PM    10:26 PM             |
| General | सरदार वल्लभ भाई पटेल                                    | Hindi         | 12:32 AM    02:32 AM    04:31 AM    06:31 AM    08:31 AM    10:31 AM    12:31 PM    02:31 PM    04:30 PM    06:30 PM    08:30 PM    10:30 PM             |
| General | Growing up Healthy                                      | English       | 12:35 AM    02:35 AM    04:35 AM    06:35 AM    08:34 AM    10:34 AM    12:34 PM    02:34 PM    04:34 PM    06:34 PM    08:33 PM    10:33 PM             |



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|         |                                                         |         |                                                                                                                                              |
|---------|---------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | स्वस्थ बढ़ना                                            | Hindi   | 12:39 AM    02:39 AM    04:39 AM    06:39 AM    08:39 AM    10:38 AM    12:38 PM    02:38 PM    04:38 PM    06:38 PM    08:38 PM    10:37 PM |
| General | Emotional well being and mental health                  | English | 12:44 AM    02:43 AM    04:43 AM    06:43 AM    08:43 AM    10:43 AM    12:43 PM    02:42 PM    04:42 PM    06:42 PM    08:42 PM    10:42 PM |
| General | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य                   | Hindi   | 12:49 AM    02:48 AM    04:48 AM    06:48 AM    08:48 AM    10:48 AM    12:48 PM    02:47 PM    04:47 PM    06:47 PM    08:47 PM    10:47 PM |
| General | इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना | Hindi   | 12:54 AM    02:53 AM    04:53 AM    06:53 AM    08:53 AM    10:53 AM    12:53 PM    02:52 PM    04:52 PM    06:52 PM    08:52 PM    10:52 PM |
| General | उपभोक्ता संरक्षण                                        | Hindi   | 01:00 AM    02:59 AM    04:59 AM    06:59 AM    08:59 AM    10:59 AM    12:59 PM    02:58 PM    04:58 PM    06:58 PM    08:58 PM    10:58 PM |
| General | Introduction to plastic, our hero and marine pollution  | English | 01:05 AM    03:04 AM    05:04 AM    07:04 AM    09:04 AM    11:04 AM    01:04 PM    03:03 PM    05:03 PM    07:03 PM    09:03 PM    11:03 PM |
| General | शुभ दिवाली                                              | Hindi   | 01:12 AM    03:12 AM    05:12 AM    07:11 AM    09:11 AM    11:11 AM    01:11 PM    03:11 PM    05:11 PM    07:10 PM    09:10 PM    11:10 PM |
| General | Azadi ki Amrit Kahaniyan (Tanvi Jagadish- Sagar)        | English | 01:16 AM    03:16 AM    05:15 AM    07:15 AM    09:15 AM    11:15 AM    01:15 PM    03:15 PM    05:14 PM    07:14 PM    09:14 PM    11:14 PM |



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|                                                      |                                                        |         |                                                                                                                                              |
|------------------------------------------------------|--------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General                                              | आज़ादी की अमृत कहानियाँ<br>(टेस्सी थॉमस- अम्बर)        | Hindi   | 01:18 AM    03:18 AM    05:18 AM    07:18 AM    09:17 AM    11:17 AM    01:17 PM    03:17 PM    05:17 PM    07:17 PM    09:16 PM    11:16 PM |
| General                                              | आज़ादी की अमृत कहानियाँ (पूनम नौटियाल - जीवन )         | Hindi   | 01:20 AM    03:20 AM    05:20 AM    07:20 AM    09:20 AM    11:20 AM    01:19 PM    03:19 PM    05:19 PM    07:19 PM    09:19 PM    11:19 PM |
| General                                              | Azadi ki Amrit Kahaniyan<br>(Poonam Nautiyal- Jeevan ) | English | 01:23 AM    03:23 AM    05:22 AM    07:22 AM    09:22 AM    11:22 AM    01:22 PM    03:22 PM    05:21 PM    07:21 PM    09:21 PM    11:21 PM |
| General                                              | Foundational Literacy &<br>Numeracy (FLN)              | English | 01:25 AM    03:25 AM    05:25 AM    07:25 AM    09:24 AM    11:24 AM    01:24 PM    03:24 PM    05:24 PM    07:24 PM    09:23 PM    11:23 PM |
| AAPDA KA<br>SAMNA                                    | Urban Flood-AAPDA KA<br>SAMNA FOR 09-07-2023           | Hindi   | 01:29 AM    03:29 AM    05:28 AM    07:28 AM    09:28 AM    11:28 AM    01:28 PM    03:28 PM    05:27 PM    07:27 PM    09:27 PM    11:27 PM |
| General                                              | आज़ादी की अमृत कहानियाँ<br>(टेस्सी थॉमस- अम्बर)        | Hindi   | 01:57 AM    03:57 AM    05:57 AM    07:57 AM    09:56 AM    11:56 AM    01:56 PM    03:56 PM    05:56 PM    07:56 PM    09:55 PM    11:55 PM |
| शुक्रवार, 17 अक्टूबर 2025<br>Friday, 17 October 2025 |                                                        |         |                                                                                                                                              |
| General                                              | Montage                                                | English | 12:00 AM    02:01 AM    04:03 AM    06:05 AM    08:07 AM    10:09 AM    12:11 PM    02:13 PM    04:15 PM    06:17 PM    08:19 PM    10:21 PM |



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|            |                                                         |               |                                                                                                                                              |
|------------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:02 AM    04:04 AM    06:06 AM    08:08 AM    10:10 AM    12:12 PM    02:14 PM    04:16 PM    06:18 PM    08:20 PM    10:22 PM |
| General    | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:03 AM    04:05 AM    06:07 AM    08:09 AM    10:11 AM    12:13 PM    02:15 PM    04:16 PM    06:18 PM    08:20 PM    10:22 PM |
| General    | Interpersonal Relationships                             | English       | 12:04 AM    02:06 AM    04:08 AM    06:10 AM    08:12 AM    10:14 AM    12:16 PM    02:18 PM    04:20 PM    06:22 PM    08:24 PM    10:26 PM |
| General    | Real life situations-<br>garbage burning and what to do | English       | 12:09 AM    02:11 AM    04:13 AM    06:14 AM    08:16 AM    10:18 AM    12:20 PM    02:22 PM    04:24 PM    06:26 PM    08:28 PM    10:30 PM |
| General    | पोषण ,स्वास्थ्य और स्वच्छता                             | Hindi         | 12:33 AM    02:35 AM    04:37 AM    06:38 AM    08:40 AM    10:42 AM    12:44 PM    02:46 PM    04:48 PM    06:50 PM    08:52 PM    10:54 PM |
| Earthquake | Earthquake - are you safe                               | English       | 12:39 AM    02:41 AM    04:43 AM    06:45 AM    08:47 AM    10:49 AM    12:51 PM    02:53 PM    04:55 PM    06:57 PM    08:59 PM    11:01 PM |
| Earthquake | Earthquake - क्या आप सुरक्षित हैं                       | Hindi         | 12:41 AM    02:43 AM    04:44 AM    06:46 AM    08:48 AM    10:50 AM    12:52 PM    02:54 PM    04:56 PM    06:58 PM    09:00 PM    11:02 PM |
| Flood      | Flood - How To Be Prepared For Floods                   | English       | 12:41 AM    02:43 AM    04:45 AM    06:47 AM    08:49 AM    10:51 AM    12:53 PM    02:55 PM    04:57 PM    06:59 PM    09:01 PM    11:03 PM |



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|         |                                                         |         |                                                                                                                                              |
|---------|---------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Flood   | Flood - What Should Be Done After Floods                | English | 12:42 AM    02:44 AM    04:46 AM    06:48 AM    08:50 AM    10:52 AM    12:54 PM    02:56 PM    04:58 PM    07:00 PM    09:02 PM    11:04 PM |
| General | पारस्परिक संबंध                                         | Hindi   | 12:43 AM    02:45 AM    04:47 AM    06:49 AM    08:51 AM    10:53 AM    12:55 PM    02:57 PM    04:59 PM    07:01 PM    09:03 PM    11:05 PM |
| General | Real life situations-<br>garbage burning and what to do | English | 12:48 AM    02:50 AM    04:52 AM    06:54 AM    08:56 AM    10:58 AM    01:00 PM    03:02 PM    05:04 PM    07:06 PM    09:08 PM    11:10 PM |
| General | Real life situations-<br>garbage burning and what to do | English | 01:12 AM    03:14 AM    05:16 AM    07:18 AM    09:20 AM    11:22 AM    01:24 PM    03:26 PM    05:28 PM    07:30 PM    09:32 PM    11:34 PM |
| General | पारस्परिक संबंध                                         | Hindi   | 01:36 AM    03:38 AM    05:40 AM    07:42 AM    09:44 AM    11:46 AM    01:48 PM    03:50 PM    05:52 PM    07:54 PM    09:56 PM    11:58 PM |
| General | जेंडर समानता                                            | Hindi   | 01:42 AM    03:44 AM    05:46 AM    07:48 AM    09:50 AM    11:52 AM    01:54 PM    03:56 PM    05:57 PM    07:59 PM    10:01 PM             |
| General | Value and responsible<br>Citizenship                    | English | 01:49 AM    03:51 AM    05:53 AM    07:55 AM    09:57 AM    11:59 AM    02:01 PM    04:03 PM    06:05 PM    08:07 PM    10:09 PM             |
| General | जेंडर समानता                                            | Hindi   | 01:54 AM    03:56 AM    05:58 AM    08:00 AM    10:02 AM    12:04 PM    02:06 PM    04:08 PM    06:10 PM    08:12 PM    10:14 PM             |



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शनिवार, 18 अक्टूबर 2025

Saturday, 18 October 2025

|         |                                                        |               |                                                                                                                                                          |
|---------|--------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| General | Montage                                                | English       | 12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM |
| General | Class 5 Channel Detail & Time Table                    | English/hindi | 12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    10:00 AM    12:00 PM    02:00 PM    04:00 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM |
| General | Introduction to plastic, our hero and marine pollution | English       | 12:01 AM    02:01 AM    04:01 AM    06:01 AM    08:01 AM    10:00 AM    12:00 PM    02:00 PM    04:00 PM    06:00 PM    08:00 PM    10:00 PM             |
| General | शुभ दिवाली                                             | Hindi         | 12:08 AM    02:08 AM    04:08 AM    06:08 AM    08:08 AM    10:08 AM    12:08 PM    02:08 PM    04:08 PM    06:08 PM    08:08 PM    10:08 PM             |
| General | 2 अक्टूबर गांधी जयंती                                  | Hindi         | 12:12 AM    02:12 AM    04:12 AM    06:12 AM    08:12 AM    10:12 AM    12:12 PM    02:12 PM    04:12 PM    06:11 PM    08:11 PM    10:11 PM             |
| General | सरदार वल्लभ भाई पटेल                                   | Hindi         | 12:16 AM    02:16 AM    04:16 AM    06:16 AM    08:15 AM    10:15 AM    12:15 PM    02:15 PM    04:15 PM    06:15 PM    08:15 PM    10:15 PM             |
| General | Growing up Healthy                                     | English       | 12:19 AM    02:19 AM    04:19 AM    06:19 AM    08:19 AM    10:19 AM    12:19 PM    02:19 PM    04:19 PM    06:19 PM    08:19 PM    10:19 PM             |



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|         |                                        |         |                                                                                                                                              |
|---------|----------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | स्वस्थ बढ़ना                           | Hindi   | 12:23 AM    02:23 AM    04:23 AM    06:23 AM    08:23 AM    10:23 AM    12:23 PM    02:23 PM    04:23 PM    06:23 PM    08:23 PM    10:23 PM |
| General | Emotional well being and mental health | English | 12:28 AM    02:28 AM    04:27 AM    06:27 AM    08:27 AM    10:27 AM    12:27 PM    02:27 PM    04:27 PM    06:27 PM    08:27 PM    10:27 PM |
| General | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य  | Hindi   | 12:33 AM    02:32 AM    04:32 AM    06:32 AM    08:32 AM    10:32 AM    12:32 PM    02:32 PM    04:32 PM    06:32 PM    08:32 PM    10:32 PM |
| General | Interpersonal Relationships            | English | 12:38 AM    02:37 AM    04:37 AM    06:37 AM    08:37 AM    10:37 AM    12:37 PM    02:37 PM    04:37 PM    06:37 PM    08:37 PM    10:37 PM |
| General | पारस्परिक संबंध                        | Hindi   | 12:42 AM    02:42 AM    04:42 AM    06:42 AM    08:42 AM    10:42 AM    12:42 PM    02:42 PM    04:42 PM    06:42 PM    08:42 PM    10:42 PM |
| General | मूल्य और जिम्मेदार नागरिकता            | Hindi   | 12:47 AM    02:47 AM    04:47 AM    06:47 AM    08:47 AM    10:47 AM    12:47 PM    02:47 PM    04:47 PM    06:47 PM    08:47 PM    10:47 PM |
| General | Gender Equality                        | English | 12:53 AM    02:53 AM    04:53 AM    06:53 AM    08:53 AM    10:53 AM    12:53 PM    02:53 PM    04:53 PM    06:53 PM    08:53 PM    10:52 PM |
| General | जेंडर समानता                           | Hindi   | 01:00 AM    03:00 AM    05:00 AM    07:00 AM    09:00 AM    11:00 AM    01:00 PM    03:00 PM    05:00 PM    07:00 PM    09:00 PM    11:00 PM |



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|                |                                                              |         |                                                                                                                                              |
|----------------|--------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General        | पोषण ,स्वास्थ्य और स्वच्छता                                  | Hindi   | 01:08 AM    03:08 AM    05:07 AM    07:07 AM    09:07 AM    11:07 AM    01:07 PM    03:07 PM    05:07 PM    07:07 PM    09:07 PM    11:07 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023                    | Hindi   | 01:14 AM    03:14 AM    05:14 AM    07:14 AM    09:14 AM    11:14 AM    01:14 PM    03:14 PM    05:14 PM    07:14 PM    09:14 PM    11:14 PM |
| Flood          | Urban Flood - How To Deal With The Aftermath Of Urban Floods | English | 01:42 AM    03:42 AM    05:42 AM    07:42 AM    09:42 AM    11:42 AM    01:42 PM    03:42 PM    05:42 PM    07:42 PM    09:42 PM    11:42 PM |
| Flood          | Urban Flood - शहरी बाढ़ के परिणाम से कैसे निपटें             | Hindi   | 01:44 AM    03:44 AM    05:44 AM    07:44 AM    09:44 AM    11:44 AM    01:43 PM    03:43 PM    05:43 PM    07:43 PM    09:43 PM    11:43 PM |
| Landslide      | Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए | Hindi   | 01:45 AM    03:45 AM    05:45 AM    07:45 AM    09:45 AM    11:45 AM    01:45 PM    03:45 PM    05:45 PM    07:44 PM    09:44 PM    11:44 PM |
| Landslide      | Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01   | Hindi   | 01:46 AM    03:46 AM    05:46 AM    07:46 AM    09:46 AM    11:46 AM    01:46 PM    03:46 PM    05:46 PM    07:46 PM    09:46 PM    11:46 PM |
| General        | गुरु नानक प्रकाश पर्व                                        | Hindi   | 01:48 AM    03:48 AM    05:47 AM    07:47 AM    09:47 AM    11:47 AM    01:47 PM    03:47 PM    05:47 PM    07:47 PM    09:47 PM    11:47 PM |



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रविवार, 19 अक्टूबर 2025

Sunday, 19 October 2025

|            |                                                      |               |                                                                                                                                              |
|------------|------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | Montage                                              | English       | 12:00 AM    02:01 AM    04:03 AM    06:05 AM    08:06 AM    10:08 AM    12:10 PM    02:11 PM    04:13 PM    06:15 PM    08:16 PM    10:18 PM |
| General    | Class 5 Channel Detail & Time Table                  | English/hindi | 12:00 AM    02:02 AM    04:03 AM    06:05 AM    08:07 AM    10:08 AM    12:10 PM    02:12 PM    04:13 PM    06:15 PM    08:17 PM    10:18 PM |
| Earthquake | Earthquake - are you safe                            | English       | 12:01 AM    02:02 AM    04:04 AM    06:06 AM    08:07 AM    10:09 AM    12:11 PM    02:12 PM    04:14 PM    06:16 PM    08:17 PM    10:19 PM |
| General    | इन्ोवेटिव टीचर                                       | Hindi         | 12:02 AM    02:04 AM    04:05 AM    06:07 AM    08:09 AM    10:10 AM    12:12 PM    02:14 PM    04:15 PM    06:17 PM    08:19 PM    10:20 PM |
| General    | हिंदी शब्दकोष                                        | Hindi         | 12:18 AM    02:19 AM    04:21 AM    06:23 AM    08:24 AM    10:26 AM    12:28 PM    02:29 PM    04:31 PM    06:33 PM    08:34 PM    10:36 PM |
| General    | Introduction to waste segregation & dry and wet bins | English       | 12:35 AM    02:36 AM    04:38 AM    06:40 AM    08:41 AM    10:43 AM    12:45 PM    02:46 PM    04:48 PM    06:50 PM    08:51 PM    10:53 PM |
| General    | Real life situations- garbage burning and what to do | English       | 12:48 AM    02:50 AM    04:52 AM    06:53 AM    08:55 AM    10:57 AM    12:58 PM    03:00 PM    05:02 PM    07:03 PM    09:05 PM    11:07 PM |



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|                                                               |                                                                       |         |                                                                                                                                              |
|---------------------------------------------------------------|-----------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| AAPDA KA SAMNA                                                | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023                             | Hindi   | 01:12 AM    03:14 AM    05:16 AM    07:17 AM    09:19 AM    11:21 AM    01:22 PM    03:24 PM    05:26 PM    07:27 PM    09:29 PM    11:31 PM |
| Earthquake                                                    | Earthquake - क्या आप सुरक्षित हैं                                     | Hindi   | 01:41 AM    03:42 AM    05:44 AM    07:46 AM    09:47 AM    11:49 AM    01:51 PM    03:52 PM    05:54 PM    07:56 PM    09:57 PM    11:59 PM |
| Landslide                                                     | Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके | Hindi   | 01:41 AM    03:43 AM    05:45 AM    07:46 AM    09:48 AM    11:50 AM    01:51 PM    03:53 PM    05:55 PM    07:56 PM    09:58 PM             |
| Urban Floods                                                  | Urban Flood - शहरी बाढ़ क्यों आती है                                  | Hindi   | 01:42 AM    03:44 AM    05:45 AM    07:47 AM    09:49 AM    11:50 AM    01:52 PM    03:54 PM    05:55 PM    07:57 PM    09:59 PM             |
| Urban Floods                                                  | Urban Flood - शहरी बाढ़ से पहले                                       | Hindi   | 01:43 AM    03:45 AM    05:46 AM    07:48 AM    09:50 AM    11:51 AM    01:53 PM    03:55 PM    05:56 PM    07:58 PM    10:00 PM             |
| General                                                       | हिंदी शब्दकोष                                                         | Hindi   | 01:44 AM    03:46 AM    05:47 AM    07:49 AM    09:51 AM    11:52 AM    01:54 PM    03:56 PM    05:57 PM    07:59 PM    10:01 PM             |
| <p>सोमवार, 20 अक्टूबर 2025</p> <p>Monday, 20 October 2025</p> |                                                                       |         |                                                                                                                                              |
| General                                                       | Montage                                                               | English | 12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    10:00 AM    12:01 PM    02:01 PM    04:01 PM    06:01 PM    08:01 PM    10:02 PM |



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|         |                                                         |               |                                                                                                                                              |
|---------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:01 AM    10:01 AM    12:01 PM    02:01 PM    04:01 PM    06:02 PM    08:02 PM    10:02 PM |
| General | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:01 AM    04:01 AM    06:01 AM    08:01 AM    10:02 AM    12:02 PM    02:02 PM    04:02 PM    06:02 PM    08:03 PM    10:03 PM |
| General | मूल्य और जिम्मेदार नागरिकता                             | Hindi         | 12:04 AM    02:04 AM    04:04 AM    06:04 AM    08:05 AM    10:05 AM    12:05 PM    02:05 PM    04:05 PM    06:06 PM    08:06 PM    10:06 PM |
| General | Gender Equality                                         | English       | 12:09 AM    02:10 AM    04:10 AM    06:10 AM    08:10 AM    10:10 AM    12:11 PM    02:11 PM    04:11 PM    06:11 PM    08:11 PM    10:12 PM |
| General | जेंडर समानता                                            | Hindi         | 12:17 AM    02:17 AM    04:17 AM    06:17 AM    08:17 AM    10:18 AM    12:18 PM    02:18 PM    04:18 PM    06:18 PM    08:18 PM    10:19 PM |
| General | Nutrition_Health and Sanitation                         | English       | 12:24 AM    02:24 AM    04:24 AM    06:25 AM    08:25 AM    10:25 AM    12:25 PM    02:25 PM    04:25 PM    06:26 PM    08:26 PM    10:26 PM |
| General | पोषण ,स्वास्थ्य और स्वच्छता                             | Hindi         | 12:30 AM    02:31 AM    04:31 AM    06:31 AM    08:31 AM    10:31 AM    12:31 PM    02:32 PM    04:32 PM    06:32 PM    08:32 PM    10:32 PM |
| General | Prevention and Management of Substance Misuse           | English       | 12:37 AM    02:37 AM    04:37 AM    06:38 AM    08:38 AM    10:38 AM    12:38 PM    02:38 PM    04:38 PM    06:39 PM    08:39 PM    10:39 PM |



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|         |                                                   |         |                                                                                                                                              |
|---------|---------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन           | Hindi   | 12:42 AM    02:42 AM    04:43 AM    06:43 AM    08:43 AM    10:43 AM    12:43 PM    02:44 PM    04:44 PM    06:44 PM    08:44 PM    10:44 PM |
| General | Promotion of Healthy Lifestyle                    | English | 12:48 AM    02:48 AM    04:49 AM    06:49 AM    08:49 AM    10:49 AM    12:49 PM    02:50 PM    04:50 PM    06:50 PM    08:50 PM    10:50 PM |
| General | स्वस्थ जीवन शैली को बढ़ावा देना                   | Hindi   | 12:54 AM    02:54 AM    04:55 AM    06:55 AM    08:55 AM    10:55 AM    12:55 PM    02:56 PM    04:56 PM    06:56 PM    08:56 PM    10:56 PM |
| General | Reproductive Health and HIV Prevention            | English | 01:00 AM    03:00 AM    05:01 AM    07:01 AM    09:01 AM    11:01 AM    01:01 PM    03:02 PM    05:02 PM    07:02 PM    09:02 PM    11:02 PM |
| General | प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम           | Hindi   | 01:06 AM    03:06 AM    05:06 AM    07:06 AM    09:06 AM    11:07 AM    01:07 PM    03:07 PM    05:07 PM    07:07 PM    09:08 PM    11:08 PM |
| General | Safety and Security against Violence and Injuries | English | 01:12 AM    03:12 AM    05:12 AM    07:12 AM    09:12 AM    11:12 AM    01:13 PM    03:13 PM    05:13 PM    07:13 PM    09:13 PM    11:14 PM |
| General | हिंसा और चोटों के खिलाफ सुरक्षा                   | Hindi   | 01:17 AM    03:17 AM    05:18 AM    07:18 AM    09:18 AM    11:18 AM    01:18 PM    03:18 PM    05:19 PM    07:19 PM    09:19 PM    11:19 PM |
| General | Safe Use of Internet_Gadgets and Media            | English | 01:23 AM    03:23 AM    05:23 AM    07:23 AM    09:24 AM    11:24 AM    01:24 PM    03:24 PM    05:24 PM    07:25 PM    09:25 PM    11:25 PM |



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|              |                                                                             |         |                                                                                                                                                       |
|--------------|-----------------------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| General      | Real life situations-<br>garbage burning and what<br>to do                  | English | 01:29 AM    03:29 AM    05:29 AM    07:29<br>AM    09:30 AM    11:30 AM    01:30 PM   <br>03:30 PM    05:30 PM    07:31 PM    09:31<br>PM    11:31 PM |
| Earthquake   | Earthquake - are you safe                                                   | English | 01:53 AM    03:53 AM    05:53 AM    07:53<br>AM    09:54 AM    11:54 AM    01:54 PM   <br>03:54 PM    05:54 PM    07:55 PM   <br>09:55 PM    11:55 PM |
| Earthquake   | Earthquake - क्या आप सुरक्षित<br>हैं                                        | Hindi   | 01:54 AM    03:54 AM    05:55 AM   <br>07:55 AM    09:55 AM    11:55 AM    01:55<br>PM    03:55 PM    05:56 PM    07:56 PM   <br>09:56 PM    11:56 PM |
| Landslide    | Landslide - भूस्खलन के बाद<br>क्या करें और क्या न करें - 02                 | Hindi   | 01:55 AM    03:55 AM    05:55 AM   <br>07:55 AM    09:56 AM    11:56 AM    01:56<br>PM    03:56 PM    05:56 PM    07:56 PM   <br>09:57 PM    11:57 PM |
| General      | Cyberbullying                                                               | English | 01:56 AM    03:56 AM    05:56 AM    07:56<br>AM    09:57 AM    11:57 AM    01:57 PM   <br>03:57 PM    05:57 PM    07:58 PM   <br>09:58 PM    11:58 PM |
| Landslide    | Landslide - भूस्खलन से बचने<br>के लिए भूवैज्ञानिक से जानिए<br>बचाव के तरीके | Hindi   | 01:57 AM    03:57 AM    05:57 AM    07:58<br>AM    09:58 AM    11:58 AM    01:58 PM   <br>03:58 PM    05:59 PM    07:59 PM   <br>09:59 PM    11:59 PM |
| Urban Floods | Urban Flood - शहरी बाढ़ क्यों<br>आती है                                     | Hindi   | 01:58 AM    03:58 AM    05:58 AM    07:58<br>AM    09:58 AM    11:59 AM    01:59 PM   <br>03:59 PM    05:59 PM    07:59 PM    09:59<br>PM             |
| Urban Floods | Urban Flood - शहरी बाढ़ से<br>पहले                                          | Hindi   | 01:59 AM    03:59 AM    05:59 AM    07:59<br>AM    09:59 AM    12:00 PM    02:00 PM   <br>04:00 PM    06:00 PM    08:00 PM    10:01<br>PM             |



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मंगलवार, 21 अक्टूबर 2025

Tuesday, 21 October 2025

|            |                                                         |               |                                                                                                                                              |
|------------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | Montage                                                 | English       | 12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:03 PM    02:04 PM    04:04 PM    06:05 PM    08:05 PM    10:06 PM |
| General    | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:03 PM    02:04 PM    04:05 PM    06:05 PM    08:06 PM    10:06 PM |
| General    | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:01 AM    04:02 AM    06:02 AM    08:03 AM    10:04 AM    12:04 PM    02:05 PM    04:05 PM    06:06 PM    08:07 PM    10:07 PM |
| General    | Real life situations-<br>garbage burning and what to do | English       | 12:04 AM    02:05 AM    04:05 AM    06:06 AM    08:06 AM    10:07 AM    12:07 PM    02:08 PM    04:09 PM    06:09 PM    08:10 PM    10:10 PM |
| Earthquake | Earthquake - are you safe                               | English       | 12:28 AM    02:29 AM    04:29 AM    06:30 AM    08:30 AM    10:31 AM    12:31 PM    02:32 PM    04:33 PM    06:33 PM    08:34 PM    10:34 PM |
| Earthquake | Earthquake - क्या आप सुरक्षित हैं                       | Hindi         | 12:29 AM    02:30 AM    04:30 AM    06:31 AM    08:32 AM    10:32 AM    12:33 PM    02:33 PM    04:34 PM    06:35 PM    08:35 PM    10:36 PM |
| Flood      | Flood - How To Be Prepared For Floods                   | English       | 12:30 AM    02:30 AM    04:31 AM    06:32 AM    08:32 AM    10:33 AM    12:33 PM    02:34 PM    04:35 PM    06:35 PM    08:36 PM    10:36 PM |



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|                |                                                                       |         |                                                                                                                                              |
|----------------|-----------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General        | इनोवेटिव टीचर                                                         | Hindi   | 12:31 AM    02:31 AM    04:32 AM    06:33 AM    08:33 AM    10:34 AM    12:34 PM    02:35 PM    04:35 PM    06:36 PM    08:37 PM    10:37 PM |
| General        | हिंदी शब्दकोष                                                         | Hindi   | 12:46 AM    02:47 AM    04:47 AM    06:48 AM    08:49 AM    10:49 AM    12:50 PM    02:50 PM    04:51 PM    06:52 PM    08:52 PM    10:53 PM |
| General        | Introduction to waste segregation & dry and wet bins                  | English | 01:04 AM    03:04 AM    05:05 AM    07:05 AM    09:06 AM    11:06 AM    01:07 PM    03:08 PM    05:08 PM    07:09 PM    09:09 PM    11:10 PM |
| General        | गुरु नानक प्रकाश पर्व                                                 | Hindi   | 01:17 AM    03:18 AM    05:18 AM    07:19 AM    09:20 AM    11:20 AM    01:21 PM    03:21 PM    05:22 PM    07:22 PM    09:23 PM    11:24 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023                             | Hindi   | 01:29 AM    03:30 AM    05:30 AM    07:31 AM    09:31 AM    11:32 AM    01:33 PM    03:33 PM    05:34 PM    07:34 PM    09:35 PM    11:36 PM |
| General        | Cyberbullying                                                         | English | 01:57 AM    03:58 AM    05:59 AM    07:59 AM    10:00 AM    12:00 PM    02:01 PM    04:01 PM    06:02 PM    08:03 PM    10:03 PM             |
| Flood          | Flood - What Should Be Done After Floods                              | English | 01:59 AM    03:59 AM    06:00 AM    08:00 AM    10:01 AM    12:01 PM    02:02 PM    04:03 PM    06:03 PM    08:04 PM    10:04 PM             |
| Landslide      | Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके | Hindi   | 02:00 AM    04:00 AM    06:01 AM    08:01 AM    10:02 AM    12:02 PM    02:03 PM    04:04 PM    06:04 PM    08:05 PM    10:05 PM             |



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Dish TV Channel #2026

बुधवार, 22 अक्टूबर 2025

Wednesday, 22 October 2025

|            |                                                         |               |                                                                                                                                              |
|------------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | Montage                                                 | English       | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:04 PM    02:05 PM    04:05 PM    06:06 PM    08:07 PM    10:07 PM |
| General    | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:01 AM    04:01 AM    06:02 AM    08:03 AM    10:03 AM    12:04 PM    02:05 PM    04:06 PM    06:06 PM    08:07 PM    10:08 PM |
| General    | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:04 AM    12:05 PM    02:06 PM    04:06 PM    06:07 PM    08:08 PM    10:09 PM |
| General    | Vajrasana                                               | English       | 12:04 AM    02:05 AM    04:05 AM    06:06 AM    08:07 AM    10:08 AM    12:08 PM    02:09 PM    04:10 PM    06:10 PM    08:11 PM    10:12 PM |
| Flood      | Flood - बाढ़ के बाद क्या करें और क्या न करें            | Hindi         | 12:07 AM    02:07 AM    04:08 AM    06:09 AM    08:09 AM    10:10 AM    12:11 PM    02:12 PM    04:12 PM    06:13 PM    08:14 PM    10:14 PM |
| Earthquake | Earthquake - Drop, Cover, Hold technique                | English       | 12:08 AM    02:08 AM    04:09 AM    06:10 AM    08:11 AM    10:11 AM    12:12 PM    02:13 PM    04:13 PM    06:14 PM    08:15 PM    10:16 PM |
| Earthquake | Earthquake resistant house                              | English       | 12:09 AM    02:10 AM    04:10 AM    06:11 AM    08:12 AM    10:13 AM    12:13 PM    02:14 PM    04:15 PM    06:15 PM    08:16 PM    10:17 PM |



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|                |                                                          |         |                                                                                                                                              |
|----------------|----------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Flood          | Flood - How To Be Prepared For Floods                    | English | 12:11 AM    02:11 AM    04:12 AM    06:13 AM    08:13 AM    10:14 AM    12:15 PM    02:16 PM    04:16 PM    06:17 PM    08:18 PM    10:19 PM |
| Flood          | Flood - What Should Be Done After Floods                 | English | 12:12 AM    02:12 AM    04:13 AM    06:14 AM    08:14 AM    10:15 AM    12:16 PM    02:17 PM    04:17 PM    06:18 PM    08:19 PM    10:19 PM |
| General        | Gender Equality                                          | English | 12:13 AM    02:13 AM    04:14 AM    06:15 AM    08:15 AM    10:16 AM    12:17 PM    02:18 PM    04:18 PM    06:19 PM    08:20 PM    10:20 PM |
| General        | जेंडर समानता                                             | Hindi   | 12:20 AM    02:20 AM    04:21 AM    06:22 AM    08:23 AM    10:23 AM    12:24 PM    02:25 PM    04:25 PM    06:26 PM    08:27 PM    10:28 PM |
| General        | Nutrition_Health and Sanitation                          | English | 12:27 AM    02:28 AM    04:29 AM    06:29 AM    08:30 AM    10:31 AM    12:31 PM    02:32 PM    04:33 PM    06:34 PM    08:34 PM    10:35 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023                | Hindi   | 12:33 AM    02:34 AM    04:35 AM    06:36 AM    08:36 AM    10:37 AM    12:38 PM    02:38 PM    04:39 PM    06:40 PM    08:41 PM    10:41 PM |
| General        | Real life situations- garbage burning and what to do     | English | 01:02 AM    03:02 AM    05:03 AM    07:04 AM    09:05 AM    11:05 AM    01:06 PM    03:07 PM    05:07 PM    07:08 PM    09:09 PM    11:10 PM |
| Landslide      | Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02 | Hindi   | 01:26 AM    03:26 AM    05:27 AM    07:28 AM    09:29 AM    11:29 AM    01:30 PM    03:31 PM    05:31 PM    07:32 PM    09:33 PM    11:34 PM |



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|                              |                                                                       |         |                                                                                                                                              |
|------------------------------|-----------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Landslide                    | Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके | Hindi   | 01:27 AM    03:28 AM    05:28 AM    07:29 AM    09:30 AM    11:30 AM    01:31 PM    03:32 PM    05:33 PM    07:33 PM    09:34 PM    11:35 PM |
| Urban Floods                 | Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं                   | Hindi   | 01:27 AM    03:28 AM    05:29 AM    07:30 AM    09:30 AM    11:31 AM    01:32 PM    03:32 PM    05:33 PM    07:34 PM    09:35 PM    11:35 PM |
| Urban Floods                 | Urban Flood - शहरी बाढ़ क्यों आती है                                  | Hindi   | 01:29 AM    03:29 AM    05:30 AM    07:31 AM    09:31 AM    11:32 AM    01:33 PM    03:34 PM    05:34 PM    07:35 PM    09:36 PM    11:36 PM |
| General                      | गुरु नानक प्रकाश पर्व                                                 | Hindi   | 01:30 AM    03:30 AM    05:31 AM    07:32 AM    09:32 AM    11:33 AM    01:34 PM    03:35 PM    05:35 PM    07:36 PM    09:37 PM    11:37 PM |
| Urban Floods                 | Urban Flood - शहरी बाढ़ के दौरान यदि पलायन करना पड़े तो               | Hindi   | 01:41 AM    03:42 AM    05:43 AM    07:44 AM    09:44 AM    11:45 AM    01:46 PM    03:47 PM    05:47 PM    07:48 PM    09:49 PM    11:49 PM |
| General                      | हिंदी शब्दकोष                                                         | Hindi   | 01:43 AM    03:44 AM    05:44 AM    07:45 AM    09:46 AM    11:47 AM    01:47 PM    03:48 PM    05:49 PM    07:49 PM    09:50 PM    11:51 PM |
| बृहस्पतिवार, 23 अक्टूबर 2025 |                                                                       |         |                                                                                                                                              |
| Thursday, 23 October 2025    |                                                                       |         |                                                                                                                                              |
| General                      | Montage                                                               | English | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:05 AM    10:06 AM    12:07 PM    02:08 PM    04:10 PM    06:11 PM    08:12 PM    10:13 PM |



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|         |                                                      |               |                                                                                                                                              |
|---------|------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | Class 5 Channel Detail & Time Table                  | English/hindi | 12:00 AM    02:01 AM    04:02 AM    06:04 AM    08:05 AM    10:06 AM    12:07 PM    02:09 PM    04:10 PM    06:11 PM    08:12 PM    10:14 PM |
| General | इनोवेटिव टीचर                                        | Hindi         | 12:01 AM    02:02 AM    04:03 AM    06:04 AM    08:06 AM    10:07 AM    12:08 PM    02:09 PM    04:11 PM    06:12 PM    08:13 PM    10:14 PM |
| General | हिंदी शब्दकोष                                        | Hindi         | 12:16 AM    02:17 AM    04:19 AM    06:20 AM    08:21 AM    10:22 AM    12:24 PM    02:25 PM    04:26 PM    06:27 PM    08:29 PM    10:30 PM |
| General | Introduction to waste segregation & dry and wet bins | English       | 12:33 AM    02:35 AM    04:36 AM    06:37 AM    08:38 AM    10:40 AM    12:41 PM    02:42 PM    04:43 PM    06:45 PM    08:46 PM    10:47 PM |
| General | Real life situations- garbage burning and what to do | English       | 12:47 AM    02:48 AM    04:50 AM    06:51 AM    08:52 AM    10:53 AM    12:55 PM    02:56 PM    04:57 PM    06:58 PM    09:00 PM    11:01 PM |
| General | गुरु नानक प्रकाश पर्व                                | Hindi         | 01:11 AM    03:12 AM    05:14 AM    07:15 AM    09:16 AM    11:17 AM    01:19 PM    03:20 PM    05:21 PM    07:22 PM    09:24 PM    11:25 PM |
| General | Gender Equality                                      | English       | 01:23 AM    03:24 AM    05:26 AM    07:27 AM    09:28 AM    11:29 AM    01:31 PM    03:32 PM    05:33 PM    07:34 PM    09:36 PM    11:37 PM |
| General | Azadi ki Amrit Kahaniyan (Aarohi Pandit- Vayu)       | English       | 01:30 AM    03:31 AM    05:33 AM    07:34 AM    09:35 AM    11:36 AM    01:38 PM    03:39 PM    05:40 PM    07:41 PM    09:43 PM    11:44 PM |



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|                           |                                                         |               |                                                                                                                                              |
|---------------------------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| AAPDA KA SAMNA            | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023               | Hindi         | 01:32 AM    03:34 AM    05:35 AM    07:36 AM    09:37 AM    11:39 AM    01:40 PM    03:41 PM    05:42 PM    07:44 PM    09:45 PM    11:46 PM |
| शुक्रवार, 24 अक्टूबर 2025 |                                                         |               |                                                                                                                                              |
| Friday, 24 October 2025   |                                                         |               |                                                                                                                                              |
| General                   | Montage                                                 | English       | 12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:01 AM    10:01 AM    12:01 PM    02:01 PM    04:02 PM    06:02 PM    08:02 PM    10:02 PM |
| General                   | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:00 AM    04:00 AM    06:01 AM    08:01 AM    10:01 AM    12:01 PM    02:02 PM    04:02 PM    06:02 PM    08:02 PM    10:03 PM |
| General                   | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:01 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:02 PM    02:02 PM    04:03 PM    06:03 PM    08:03 PM    10:03 PM |
| General                   | आज़ादी की अमृत कहानियाँ (ट्रेलर)                        | Hindi         | 12:04 AM    02:04 AM    04:04 AM    06:05 AM    08:05 AM    10:05 AM    12:05 PM    02:06 PM    04:06 PM    06:06 PM    08:06 PM    10:07 PM |
| General                   | सरदार वल्लभ भाई पटेल                                    | Hindi         | 12:05 AM    02:05 AM    04:06 AM    06:06 AM    08:06 AM    10:06 AM    12:07 PM    02:07 PM    04:07 PM    06:07 PM    08:08 PM    10:08 PM |
| General                   | Nutrition_Health and Sanitation                         | English       | 12:09 AM    02:09 AM    04:09 AM    06:09 AM    08:10 AM    10:10 AM    12:10 PM    02:10 PM    04:11 PM    06:11 PM    08:11 PM    10:11 PM |



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|                |                                               |         |                                                                                                                                              |
|----------------|-----------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General        | पोषण ,स्वास्थ्य और स्वच्छता                   | Hindi   | 12:15 AM    02:15 AM    04:15 AM    06:16 AM    08:16 AM    10:16 AM    12:16 PM    02:17 PM    04:17 PM    06:17 PM    08:17 PM    10:18 PM |
| General        | Prevention and Management of Substance Misuse | English | 12:22 AM    02:22 AM    04:22 AM    06:22 AM    08:23 AM    10:23 AM    12:23 PM    02:23 PM    04:24 PM    06:24 PM    08:24 PM    10:24 PM |
| General        | पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन       | Hindi   | 12:27 AM    02:27 AM    04:27 AM    06:28 AM    08:28 AM    10:28 AM    12:28 PM    02:29 PM    04:29 PM    06:29 PM    08:29 PM    10:30 PM |
| General        | Promotion of Healthy Lifestyle                | English | 12:33 AM    02:33 AM    04:33 AM    06:33 AM    08:34 AM    10:34 AM    12:34 PM    02:34 PM    04:35 PM    06:35 PM    08:35 PM    10:35 PM |
| General        | स्वस्थ जीवन शैली को बढ़ावा देना               | Hindi   | 12:39 AM    02:39 AM    04:39 AM    06:39 AM    08:40 AM    10:40 AM    12:40 PM    02:40 PM    04:41 PM    06:41 PM    08:41 PM    10:41 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023     | Hindi   | 12:45 AM    02:45 AM    04:45 AM    06:46 AM    08:46 AM    10:46 AM    12:46 PM    02:47 PM    04:47 PM    06:47 PM    08:47 PM    10:48 PM |
| General        | सरदार वल्लभ भाई पटेल                          | Hindi   | 01:13 AM    03:13 AM    05:14 AM    07:14 AM    09:14 AM    11:14 AM    01:15 PM    03:15 PM    05:15 PM    07:15 PM    09:16 PM    11:16 PM |
| General        | पोषण ,स्वास्थ्य और स्वच्छता                   | Hindi   | 01:16 AM    03:17 AM    05:17 AM    07:17 AM    09:17 AM    11:18 AM    01:18 PM    03:18 PM    05:18 PM    07:19 PM    09:19 PM    11:19 PM |



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|                                                      |                                                            |                   |                                                                                                                                                                   |
|------------------------------------------------------|------------------------------------------------------------|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| General                                              | Real life situations-<br>garbage burning and what<br>to do | English           | 01:23 AM    03:23 AM    05:24 AM    07:24<br>AM    09:24 AM    11:24 AM    01:25 PM   <br>03:25 PM    05:25 PM    07:25 PM   <br>09:26 PM    11:26 PM             |
| General                                              | पारस्परिक संबंध                                            | Hindi             | 01:47 AM    03:47 AM    05:48 AM    07:48<br>AM    09:48 AM    11:48 AM    01:49 PM   <br>03:49 PM    05:49 PM    07:49 PM    09:50<br>PM    11:50 PM             |
| General                                              | जेंडर समानता                                               | Hindi             | 01:52 AM    03:53 AM    05:53 AM   <br>07:53 AM    09:53 AM    11:54 AM    01:54<br>PM    03:54 PM    05:54 PM    07:55 PM<br>   09:55 PM    11:55 PM             |
| शनिवार, 25 अक्टूबर 2025<br>Saturday, 25 October 2025 |                                                            |                   |                                                                                                                                                                   |
| General                                              | Montage                                                    | English           | 12:00 AM    01:59 AM    03:59 AM    05:59<br>AM    07:59 AM    09:59 AM    11:59 AM   <br>01:59 PM    03:59 PM    05:59 PM    07:59<br>PM    09:59 PM    11:59 PM |
| General                                              | Class 5 Channel Detail &<br>Time Table                     | English/hin<br>di | 12:00 AM    02:00 AM    04:00 AM   <br>06:00 AM    08:00 AM    09:59 AM    11:59<br>AM    01:59 PM    03:59 PM    05:59 PM   <br>07:59 PM    09:59 PM    11:59 PM |
| General                                              | पीएम ईविद्या 200 डीटीएच टीवी<br>चैनल्स कैसे प्राप्त करें ? | Hindi             | 12:01 AM    02:01 AM    04:01 AM    06:00<br>AM    08:00 AM    10:00 AM    12:00 PM   <br>02:00 PM    04:00 PM    06:00 PM   <br>08:00 PM    10:00 PM             |
| General                                              | मूल्य और जिम्मेदार नागरिकता                                | Hindi             | 12:04 AM    02:04 AM    04:04 AM    06:04<br>AM    08:04 AM    10:04 AM    12:03 PM   <br>02:03 PM    04:03 PM    06:03 PM   <br>08:03 PM    10:03 PM             |



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|         |                                                   |         |                                                                                                                                              |
|---------|---------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | Gender Equality                                   | English | 12:09 AM    02:09 AM    04:09 AM    06:09 AM    08:09 AM    10:09 AM    12:09 PM    02:09 PM    04:09 PM    06:09 PM    08:09 PM    10:09 PM |
| General | जेंडर समानता                                      | Hindi   | 12:17 AM    02:17 AM    04:16 AM    06:16 AM    08:16 AM    10:16 AM    12:16 PM    02:16 PM    04:16 PM    06:16 PM    08:16 PM    10:16 PM |
| General | Nutrition_Health and Sanitation                   | English | 12:24 AM    02:24 AM    04:24 AM    06:24 AM    08:24 AM    10:24 AM    12:24 PM    02:23 PM    04:23 PM    06:23 PM    08:23 PM    10:23 PM |
| General | पोषण ,स्वास्थ्य और स्वच्छता                       | Hindi   | 12:30 AM    02:30 AM    04:30 AM    06:30 AM    08:30 AM    10:30 AM    12:30 PM    02:30 PM    04:30 PM    06:30 PM    08:30 PM    10:29 PM |
| General | Prevention and Management of Substance Misuse     | English | 12:37 AM    02:37 AM    04:37 AM    06:37 AM    08:37 AM    10:37 AM    12:37 PM    02:36 PM    04:36 PM    06:36 PM    08:36 PM    10:36 PM |
| General | पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन           | Hindi   | 12:42 AM    02:42 AM    04:42 AM    06:42 AM    08:42 AM    10:42 AM    12:42 PM    02:42 PM    04:42 PM    06:42 PM    08:41 PM    10:41 PM |
| General | Promotion of Healthy Lifestyle                    | English | 12:48 AM    02:48 AM    04:48 AM    06:48 AM    08:48 AM    10:48 AM    12:48 PM    02:48 PM    04:48 PM    06:47 PM    08:47 PM    10:47 PM |
| General | Safety and Security against Violence and Injuries | English | 12:54 AM    02:54 AM    04:54 AM    06:54 AM    08:54 AM    10:54 AM    12:54 PM    02:54 PM    04:53 PM    06:53 PM    08:53 PM    10:53 PM |



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|                   |                                                            |         |                                                                                                                                                       |
|-------------------|------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| General           | हिंसा और चोटों के खिलाफ सुरक्षा                            | Hindi   | 01:00 AM    03:00 AM    05:00 AM   <br>07:00 AM    08:59 AM    10:59 AM    12:59<br>PM    02:59 PM    04:59 PM    06:59 PM   <br>08:59 PM    10:59 PM |
| General           | Safe Use of<br>Internet_Gadgets and<br>Media               | English | 01:06 AM    03:05 AM    05:05 AM   <br>07:05 AM    09:05 AM    11:05 AM    01:05<br>PM    03:05 PM    05:05 PM    07:05 PM<br>   09:05 PM    11:05 PM |
| General           | इंटरनेट और सोशल मीडिया के<br>सुरक्षित उपयोग को बढ़ावा देना | Hindi   | 01:11 AM    03:11 AM    05:11 AM    07:11<br>AM    09:11 AM    11:11 AM    01:11 PM   <br>03:11 PM    05:11 PM    07:11 PM    09:11<br>PM    11:11 PM |
| General           | उपभोक्ता संरक्षण                                           | Hindi   | 01:18 AM    03:18 AM    05:17 AM    07:17<br>AM    09:17 AM    11:17 AM    01:17 PM   <br>03:17 PM    05:17 PM    07:17 PM    09:17<br>PM    11:17 PM |
| General           | जेंडर समानता                                               | Hindi   | 01:23 AM    03:23 AM    05:22 AM    07:22<br>AM    09:22 AM    11:22 AM    01:22 PM   <br>03:22 PM    05:22 PM    07:22 PM    09:22<br>PM    11:22 PM |
| AAPDA KA<br>SAMNA | Urban Flood-AAPDA KA<br>SAMNA FOR 09-07-2023               | Hindi   | 01:30 AM    03:30 AM    05:30 AM   <br>07:30 AM    09:30 AM    11:30 AM    01:29<br>PM    03:29 PM    05:29 PM    07:29 PM   <br>09:29 PM    11:29 PM |
| General           | Azadi ki Amrit<br>Kahaniyan(Trailer)                       | English | 01:58 AM    03:58 AM    05:58 AM    07:58<br>AM    09:58 AM    11:58 AM    01:58 PM   <br>03:58 PM    05:58 PM    07:57 PM   <br>09:57 PM    11:57 PM |



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रविवार, 26 अक्टूबर 2025

Sunday, 26 October 2025

|            |                                          |               |                                                                                                                                              |
|------------|------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | Montage                                  | English       | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:08 PM    08:09 PM    10:10 PM |
| General    | Class 5 Channel Detail & Time Table      | English/hindi | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:08 PM    08:09 PM    10:10 PM |
| Earthquake | Earthquake - Drop, Cover, Hold technique | English       | 12:01 AM    02:02 AM    04:03 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:10 PM    10:11 PM |
| Earthquake | Earthquake resistant house               | English       | 12:02 AM    02:03 AM    04:04 AM    06:05 AM    08:06 AM    10:07 AM    12:08 PM    02:09 PM    04:09 PM    06:10 PM    08:11 PM    10:12 PM |
| Flood      | Flood - How To Be Prepared For Floods    | English       | 12:04 AM    02:05 AM    04:06 AM    06:06 AM    08:07 AM    10:08 AM    12:09 PM    02:10 PM    04:11 PM    06:12 PM    08:13 PM    10:14 PM |
| General    | इनोवेटिव टीचर                            | Hindi         | 12:05 AM    02:06 AM    04:07 AM    06:07 AM    08:08 AM    10:09 AM    12:10 PM    02:11 PM    04:12 PM    06:13 PM    08:14 PM    10:15 PM |
| General    | हिंदी शब्दकोष                            | Hindi         | 12:20 AM    02:21 AM    04:22 AM    06:23 AM    08:24 AM    10:25 AM    12:26 PM    02:27 PM    04:27 PM    06:28 PM    08:29 PM    10:30 PM |



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|           |                                                                       |         |                                                                                                                                              |
|-----------|-----------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General   | Introduction to waste segregation & dry and wet bins                  | English | 12:37 AM    02:38 AM    04:39 AM    06:40 AM    08:41 AM    10:42 AM    12:43 PM    02:44 PM    04:45 PM    06:46 PM    08:47 PM    10:48 PM |
| General   | Real life situations- garbage burning and what to do                  | English | 12:51 AM    02:52 AM    04:53 AM    06:54 AM    08:55 AM    10:56 AM    12:57 PM    02:58 PM    04:58 PM    06:59 PM    09:00 PM    11:01 PM |
| General   | Gender Equality                                                       | English | 01:15 AM    03:16 AM    05:17 AM    07:18 AM    09:19 AM    11:20 AM    01:21 PM    03:22 PM    05:22 PM    07:23 PM    09:24 PM    11:25 PM |
| General   | जेंडर समानता                                                          | Hindi   | 01:22 AM    03:23 AM    05:24 AM    07:25 AM    09:26 AM    11:27 AM    01:28 PM    03:29 PM    05:30 PM    07:30 PM    09:31 PM    11:32 PM |
| General   | Cyberbullying                                                         | English | 01:30 AM    03:31 AM    05:31 AM    07:32 AM    09:33 AM    11:34 AM    01:35 PM    03:36 PM    05:37 PM    07:38 PM    09:39 PM    11:40 PM |
| Flood     | Flood - What Should Be Done After Floods                              | English | 01:31 AM    03:32 AM    05:33 AM    07:34 AM    09:34 AM    11:35 AM    01:36 PM    03:37 PM    05:38 PM    07:39 PM    09:40 PM    11:41 PM |
| Landslide | Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02              | Hindi   | 01:32 AM    03:33 AM    05:34 AM    07:35 AM    09:35 AM    11:36 AM    01:37 PM    03:38 PM    05:39 PM    07:40 PM    09:41 PM    11:42 PM |
| Landslide | Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके | Hindi   | 01:33 AM    03:34 AM    05:35 AM    07:36 AM    09:37 AM    11:37 AM    01:38 PM    03:39 PM    05:40 PM    07:41 PM    09:42 PM    11:43 PM |



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|                         |                                                      |               |                                                                                                                                              |
|-------------------------|------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General                 | Introduction to waste segregation & dry and wet bins | English       | 01:33 AM    03:34 AM    05:35 AM    07:36 AM    09:37 AM    11:38 AM    01:39 PM    03:40 PM    05:41 PM    07:42 PM    09:43 PM    11:44 PM |
| Flood                   | Flood - बाढ़ से पहले क्या तैयारी रखें                | Hindi         | 01:47 AM    03:48 AM    05:49 AM    07:50 AM    09:51 AM    11:52 AM    01:53 PM    03:54 PM    05:54 PM    07:55 PM    09:56 PM    11:57 PM |
| General                 | गुरु नानक प्रकाश पर्व                                | Hindi         | 01:49 AM    03:49 AM    05:50 AM    07:51 AM    09:52 AM    11:53 AM    01:54 PM    03:55 PM    05:56 PM    07:57 PM    09:58 PM    11:59 PM |
| सोमवार, 27 अक्टूबर 2025 |                                                      |               |                                                                                                                                              |
| Monday, 27 October 2025 |                                                      |               |                                                                                                                                              |
| General                 | Montage                                              | English       | 12:00 AM    02:02 AM    04:05 AM    06:07 AM    08:10 AM    10:12 AM    12:15 PM    02:17 PM    04:20 PM    06:23 PM    08:25 PM    10:28 PM |
| General                 | Class 5 Channel Detail & Time Table                  | English/hindi | 12:00 AM    02:02 AM    04:05 AM    06:08 AM    08:10 AM    10:13 AM    12:15 PM    02:18 PM    04:20 PM    06:23 PM    08:26 PM    10:28 PM |
| General                 | Cyberbullying                                        | English       | 12:01 AM    02:03 AM    04:06 AM    06:08 AM    08:11 AM    10:14 AM    12:16 PM    02:19 PM    04:21 PM    06:24 PM    08:26 PM    10:29 PM |
| General                 | Catfishing Fraud                                     | English       | 12:02 AM    02:04 AM    04:07 AM    06:10 AM    08:12 AM    10:15 AM    12:17 PM    02:20 PM    04:22 PM    06:25 PM    08:28 PM    10:30 PM |



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|         |                                               |         |                                                                                                                                              |
|---------|-----------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | Value and responsible Citizenship             | English | 12:03 AM    02:06 AM    04:08 AM    06:11 AM    08:13 AM    10:16 AM    12:18 PM    02:21 PM    04:24 PM    06:26 PM    08:29 PM    10:31 PM |
| General | मूल्य और जिम्मेदार नागरिकता                   | Hindi   | 12:08 AM    02:11 AM    04:13 AM    06:16 AM    08:18 AM    10:21 AM    12:23 PM    02:26 PM    04:29 PM    06:31 PM    08:34 PM    10:36 PM |
| General | Gender Equality                               | English | 12:14 AM    02:16 AM    04:19 AM    06:21 AM    08:24 AM    10:26 AM    12:29 PM    02:32 PM    04:34 PM    06:37 PM    08:39 PM    10:42 PM |
| General | जेंडर समानता                                  | Hindi   | 12:21 AM    02:23 AM    04:26 AM    06:28 AM    08:31 AM    10:34 AM    12:36 PM    02:39 PM    04:41 PM    06:44 PM    08:46 PM    10:49 PM |
| General | Nutrition_Health and Sanitation               | English | 12:28 AM    02:31 AM    04:33 AM    06:36 AM    08:38 AM    10:41 AM    12:43 PM    02:46 PM    04:49 PM    06:51 PM    08:54 PM    10:56 PM |
| General | पोषण ,स्वास्थ्य और स्वच्छता                   | Hindi   | 12:34 AM    02:37 AM    04:40 AM    06:42 AM    08:45 AM    10:47 AM    12:50 PM    02:52 PM    04:55 PM    06:58 PM    09:00 PM    11:03 PM |
| General | Prevention and Management of Substance Misuse | English | 12:41 AM    02:44 AM    04:46 AM    06:49 AM    08:51 AM    10:54 AM    12:56 PM    02:59 PM    05:02 PM    07:04 PM    09:07 PM    11:09 PM |
| General | Promotion of Healthy Lifestyle                | English | 12:46 AM    02:49 AM    04:51 AM    06:54 AM    08:57 AM    10:59 AM    01:02 PM    03:04 PM    05:07 PM    07:09 PM    09:12 PM    11:15 PM |



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|                |                                           |         |                                                                                                                                              |
|----------------|-------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General        | स्वस्थ बढ़ना                              | Hindi   | 12:52 AM    02:55 AM    04:57 AM    07:00 AM    09:03 AM    11:05 AM    01:08 PM    03:10 PM    05:13 PM    07:15 PM    09:18 PM    11:21 PM |
| General        | Emotional well being and mental health    | English | 12:57 AM    02:59 AM    05:02 AM    07:04 AM    09:07 AM    11:09 AM    01:12 PM    03:15 PM    05:17 PM    07:20 PM    09:22 PM    11:25 PM |
| General        | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य     | Hindi   | 01:02 AM    03:04 AM    05:07 AM    07:09 AM    09:12 AM    11:14 AM    01:17 PM    03:20 PM    05:22 PM    07:25 PM    09:27 PM    11:30 PM |
| General        | Interpersonal Relationships               | English | 01:07 AM    03:09 AM    05:12 AM    07:14 AM    09:17 AM    11:19 AM    01:22 PM    03:25 PM    05:27 PM    07:30 PM    09:32 PM    11:35 PM |
| General        | पारस्परिक संबंध                           | Hindi   | 01:11 AM    03:14 AM    05:16 AM    07:19 AM    09:21 AM    11:24 AM    01:27 PM    03:29 PM    05:32 PM    07:34 PM    09:37 PM    11:39 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023 | Hindi   | 01:17 AM    03:19 AM    05:22 AM    07:24 AM    09:27 AM    11:29 AM    01:32 PM    03:35 PM    05:37 PM    07:40 PM    09:42 PM    11:45 PM |
| General        | हिंदी शब्दकोष                             | Hindi   | 01:45 AM    03:47 AM    05:50 AM    07:53 AM    09:55 AM    11:58 AM    02:00 PM    04:03 PM    06:05 PM    08:08 PM    10:10 PM             |



मंगलवार, 28 अक्टूबर 2025

Tuesday, 28 October 2025

|         |                                                         |               |                                                                                                                                              |
|---------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | Montage                                                 | English       | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:04 PM    02:04 PM    04:05 PM    06:06 PM    08:06 PM    10:07 PM |
| General | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:01 AM    04:01 AM    06:02 AM    08:03 AM    10:03 AM    12:04 PM    02:05 PM    04:05 PM    06:06 PM    08:07 PM    10:07 PM |
| General | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:01 AM    04:02 AM    06:03 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:06 PM    06:07 PM    08:08 PM    10:08 PM |
| General | इनोवेटिव टीचर                                           | Hindi         | 12:04 AM    02:05 AM    04:05 AM    06:06 AM    08:07 AM    10:07 AM    12:08 PM    02:09 PM    04:09 PM    06:10 PM    08:11 PM    10:11 PM |
| General | हिंदी शब्दकोष                                           | Hindi         | 12:19 AM    02:20 AM    04:21 AM    06:21 AM    08:22 AM    10:23 AM    12:24 PM    02:24 PM    04:25 PM    06:26 PM    08:26 PM    10:27 PM |
| General | Introduction to waste segregation & dry and wet bins    | English       | 12:37 AM    02:37 AM    04:38 AM    06:39 AM    08:39 AM    10:40 AM    12:41 PM    02:41 PM    04:42 PM    06:43 PM    08:44 PM    10:44 PM |
| General | Real life situations- garbage burning and what to do    | English       | 12:50 AM    02:51 AM    04:52 AM    06:52 AM    08:53 AM    10:54 AM    12:54 PM    02:55 PM    04:56 PM    06:56 PM    08:57 PM    10:58 PM |



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|         |                                       |         |                                                                                                                                              |
|---------|---------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | गुरु नानक प्रकाश पर्व                 | Hindi   | 01:14 AM    03:15 AM    05:16 AM    07:16 AM    09:17 AM    11:18 AM    01:18 PM    03:19 PM    05:20 PM    07:20 PM    09:21 PM    11:22 PM |
| General | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य | Hindi   | 01:26 AM    03:27 AM    05:28 AM    07:28 AM    09:29 AM    11:30 AM    01:30 PM    03:31 PM    05:32 PM    07:32 PM    09:33 PM    11:34 PM |
| General | Interpersonal Relationships           | English | 01:31 AM    03:32 AM    05:33 AM    07:33 AM    09:34 AM    11:35 AM    01:35 PM    03:36 PM    05:37 PM    07:37 PM    09:38 PM    11:39 PM |
| General | Value and responsible Citizenship     | English | 01:36 AM    03:37 AM    05:37 AM    07:38 AM    09:39 AM    11:39 AM    01:40 PM    03:41 PM    05:41 PM    07:42 PM    09:43 PM    11:43 PM |
| General | मूल्य और जिम्मेदार नागरिकता           | Hindi   | 01:41 AM    03:42 AM    05:42 AM    07:43 AM    09:44 AM    11:44 AM    01:45 PM    03:46 PM    05:46 PM    07:47 PM    09:48 PM    11:48 PM |
| General | Gender Equality                       | English | 01:46 AM    03:47 AM    05:48 AM    07:48 AM    09:49 AM    11:50 AM    01:50 PM    03:51 PM    05:52 PM    07:53 PM    09:53 PM    11:54 PM |
| General | पोषण ,स्वास्थ्य और स्वच्छता           | Hindi   | 01:54 AM    03:54 AM    05:55 AM    07:56 AM    09:56 AM    11:57 AM    01:58 PM    03:58 PM    05:59 PM    08:00 PM    10:00 PM             |



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बुधवार, 29 अक्टूबर 2025

Wednesday, 29 October 2025

|            |                                                      |               |                                                                                                                                              |
|------------|------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General    | Montage                                              | English       | 12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:03 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:08 PM    08:09 PM    10:10 PM |
| General    | Class 5 Channel Detail & Time Table                  | English/hindi | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:08 PM    08:09 PM    10:10 PM |
| Earthquake | Earthquake - Drop, Cover, Hold technique             | English       | 12:01 AM    02:02 AM    04:03 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:10 PM    10:11 PM |
| Earthquake | Earthquake resistant house                           | English       | 12:02 AM    02:03 AM    04:04 AM    06:05 AM    08:06 AM    10:07 AM    12:08 PM    02:09 PM    04:09 PM    06:10 PM    08:11 PM    10:12 PM |
| General    | इनोवेटिव टीचर                                        | Hindi         | 12:04 AM    02:05 AM    04:06 AM    06:06 AM    08:07 AM    10:08 AM    12:09 PM    02:10 PM    04:11 PM    06:12 PM    08:13 PM    10:14 PM |
| General    | हिंदी शब्दकोष                                        | Hindi         | 12:19 AM    02:20 AM    04:21 AM    06:22 AM    08:23 AM    10:24 AM    12:25 PM    02:26 PM    04:27 PM    06:27 PM    08:28 PM    10:29 PM |
| General    | Introduction to waste segregation & dry and wet bins | English       | 12:36 AM    02:37 AM    04:38 AM    06:39 AM    08:40 AM    10:41 AM    12:42 PM    02:43 PM    04:44 PM    06:45 PM    08:46 PM    10:47 PM |



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|         |                                                            |         |                                                                                                                                                       |
|---------|------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| General | Real life situations-<br>garbage burning and what<br>to do | English | 12:50 AM    02:51 AM    04:52 AM    06:53<br>AM    08:54 AM    10:55 AM    12:56 PM   <br>02:57 PM    04:57 PM    06:58 PM    08:59<br>PM    11:00 PM |
| General | गुरु नानक प्रकाश पर्व                                      | Hindi   | 01:14 AM    03:15 AM    05:16 AM    07:17<br>AM    09:18 AM    11:19 AM    01:20 PM   <br>03:21 PM    05:21 PM    07:22 PM    09:23<br>PM    11:24 PM |
| General | Gender Equality                                            | English | 01:26 AM    03:27 AM    05:28 AM    07:29<br>AM    09:30 AM    11:31 AM    01:32 PM   <br>03:32 PM    05:33 PM    07:34 PM    09:35<br>PM    11:36 PM |
| General | जेंडर समानता                                               | Hindi   | 01:33 AM    03:34 AM    05:35 AM    07:36<br>AM    09:37 AM    11:38 AM    01:39 PM   <br>03:40 PM    05:40 PM    07:41 PM    09:42<br>PM    11:43 PM |
| General | Nutrition_Health and<br>Sanitation                         | English | 01:41 AM    03:41 AM    05:42 AM    07:43<br>AM    09:44 AM    11:45 AM    01:46 PM   <br>03:47 PM    05:48 PM    07:49 PM    09:50<br>PM    11:51 PM |
| General | Azadi ki Amrit Kahaniyan<br>(Anshu Jamsenpa- Parvat)       | English | 01:47 AM    03:48 AM    05:49 AM    07:50<br>AM    09:51 AM    11:51 AM    01:52 PM   <br>03:53 PM    05:54 PM    07:55 PM   <br>09:56 PM    11:57 PM |
| Flood   | Flood - How To Be<br>Prepared For Floods                   | English | 01:49 AM    03:50 AM    05:51 AM    07:52<br>AM    09:53 AM    11:54 AM    01:55 PM   <br>03:56 PM    05:57 PM    07:57 PM   <br>09:58 PM    11:59 PM |
| Flood   | Flood - What Should Be<br>Done After Floods                | English | 01:50 AM    03:51 AM    05:52 AM    07:53<br>AM    09:54 AM    11:55 AM    01:56 PM   <br>03:57 PM    05:57 PM    07:58 PM    09:59<br>PM             |



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|                              |                                                              |               |                                                                                                                                              |
|------------------------------|--------------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Landslide                    | Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए | Hindi         | 01:51 AM    03:52 AM    05:53 AM    07:54 AM    09:55 AM    11:56 AM    01:57 PM    03:58 PM    05:58 PM    07:59 PM    10:00 PM             |
| Landslide                    | Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01   | Hindi         | 01:53 AM    03:53 AM    05:54 AM    07:55 AM    09:56 AM    11:57 AM    01:58 PM    03:59 PM    06:00 PM    08:01 PM    10:02 PM             |
| Urban Floods                 | Urban Flood - शहरी बाढ़ आने से पहले क्या तैयारी रखें         | Hindi         | 01:54 AM    03:55 AM    05:56 AM    07:57 AM    09:57 AM    11:58 AM    01:59 PM    04:00 PM    06:01 PM    08:02 PM    10:03 PM             |
| General                      | पारस्परिक संबंध                                              | Hindi         | 01:55 AM    03:56 AM    05:57 AM    07:58 AM    09:59 AM    12:00 PM    02:01 PM    04:02 PM    06:02 PM    08:03 PM    10:04 PM             |
| बृहस्पतिवार, 30 अक्टूबर 2025 |                                                              |               |                                                                                                                                              |
| Thursday, 30 October 2025    |                                                              |               |                                                                                                                                              |
| General                      | Montage                                                      | English       | 12:00 AM    02:01 AM    04:03 AM    06:04 AM    08:06 AM    10:08 AM    12:09 PM    02:11 PM    04:13 PM    06:14 PM    08:16 PM    10:18 PM |
| General                      | Class 5 Channel Detail & Time Table                          | English/hindi | 12:00 AM    02:02 AM    04:03 AM    06:05 AM    08:07 AM    10:08 AM    12:10 PM    02:11 PM    04:13 PM    06:15 PM    08:16 PM    10:18 PM |
| General                      | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ?      | Hindi         | 12:01 AM    02:02 AM    04:04 AM    06:06 AM    08:07 AM    10:09 AM    12:11 PM    02:12 PM    04:14 PM    06:16 PM    08:17 PM    10:19 PM |



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|---------|----------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General | गुरु नानक प्रकाश पर्व                  | Hindi   | 12:04 AM    02:06 AM    04:07 AM    06:09 AM    08:11 AM    10:12 AM    12:14 PM    02:15 PM    04:17 PM    06:19 PM    08:20 PM    10:22 PM |
| General | Emotional well being and mental health | English | 12:16 AM    02:17 AM    04:19 AM    06:21 AM    08:22 AM    10:24 AM    12:26 PM    02:27 PM    04:29 PM    06:31 PM    08:32 PM    10:34 PM |
| General | भावनात्मक कल्याण एवं मानसिक स्वास्थ्य  | Hindi   | 12:21 AM    02:22 AM    04:24 AM    06:26 AM    08:27 AM    10:29 AM    12:31 PM    02:32 PM    04:34 PM    06:36 PM    08:37 PM    10:39 PM |
| General | Interpersonal Relationships            | English | 12:26 AM    02:27 AM    04:29 AM    06:31 AM    08:32 AM    10:34 AM    12:36 PM    02:37 PM    04:39 PM    06:41 PM    08:42 PM    10:44 PM |
| General | पारस्परिक संबंध                        | Hindi   | 12:30 AM    02:32 AM    04:34 AM    06:35 AM    08:37 AM    10:39 AM    12:40 PM    02:42 PM    04:44 PM    06:45 PM    08:47 PM    10:49 PM |
| General | Value and responsible Citizenship      | English | 12:36 AM    02:37 AM    04:39 AM    06:41 AM    08:42 AM    10:44 AM    12:46 PM    02:47 PM    04:49 PM    06:51 PM    08:52 PM    10:54 PM |
| General | मूल्य और जिम्मेदार नागरिकता            | Hindi   | 12:41 AM    02:42 AM    04:44 AM    06:46 AM    08:47 AM    10:49 AM    12:51 PM    02:52 PM    04:54 PM    06:56 PM    08:57 PM    10:59 PM |
| General | Gender Equality                        | English | 12:46 AM    02:48 AM    04:50 AM    06:51 AM    08:53 AM    10:55 AM    12:56 PM    02:58 PM    04:59 PM    07:01 PM    09:03 PM    11:04 PM |



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|----------------|-----------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General        | जेंडर समानता                                              | Hindi   | 12:53 AM    02:55 AM    04:57 AM    06:58 AM    09:00 AM    11:02 AM    01:03 PM    03:05 PM    05:07 PM    07:08 PM    09:10 PM    11:12 PM |
| General        | Nutrition_Health and Sanitation                           | English | 01:01 AM    03:02 AM    05:04 AM    07:06 AM    09:07 AM    11:09 AM    01:11 PM    03:12 PM    05:14 PM    07:16 PM    09:17 PM    11:19 PM |
| General        | पोषण ,स्वास्थ्य और स्वच्छता                               | Hindi   | 01:07 AM    03:09 AM    05:10 AM    07:12 AM    09:14 AM    11:15 AM    01:17 PM    03:19 PM    05:20 PM    07:22 PM    09:24 PM    11:25 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023                 | Hindi   | 01:14 AM    03:15 AM    05:17 AM    07:19 AM    09:20 AM    11:22 AM    01:24 PM    03:25 PM    05:27 PM    07:29 PM    09:30 PM    11:32 PM |
| Earthquake     | Earthquake - What to do when outside during an earthquake | English | 01:42 AM    03:44 AM    05:45 AM    07:47 AM    09:49 AM    11:50 AM    01:52 PM    03:54 PM    05:55 PM    07:57 PM    09:59 PM             |
| Flood          | Flood - बाढ़ से पहले क्या तैयारी रखें                     | Hindi   | 01:44 AM    03:46 AM    05:47 AM    07:49 AM    09:50 AM    11:52 AM    01:54 PM    03:55 PM    05:57 PM    07:59 PM    10:00 PM             |
| Landslide      | Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02  | Hindi   | 01:45 AM    03:47 AM    05:49 AM    07:50 AM    09:52 AM    11:54 AM    01:55 PM    03:57 PM    05:58 PM    08:00 PM    10:02 PM             |
| Urban Floods   | Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं       | Hindi   | 01:46 AM    03:48 AM    05:50 AM    07:51 AM    09:53 AM    11:55 AM    01:56 PM    03:58 PM    06:00 PM    08:01 PM    10:03 PM             |



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|-----------------------------------------------------------------|---------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General                                                         | Introduction to waste segregation & dry and wet bins    | English       | 01:47 AM    03:49 AM    05:51 AM    07:52 AM    09:54 AM    11:56 AM    01:57 PM    03:59 PM    06:01 PM    08:02 PM    10:04 PM             |
| <p>शुक्रवार, 31 अक्टूबर 2025</p> <p>Friday, 31 October 2025</p> |                                                         |               |                                                                                                                                              |
| General                                                         | Montage                                                 | English       | 12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:05 AM    10:06 AM    12:07 PM    02:08 PM    04:10 PM    06:11 PM    08:12 PM    10:14 PM |
| General                                                         | Class 5 Channel Detail & Time Table                     | English/hindi | 12:00 AM    02:01 AM    04:02 AM    06:04 AM    08:05 AM    10:06 AM    12:08 PM    02:09 PM    04:10 PM    06:11 PM    08:13 PM    10:14 PM |
| General                                                         | पीएम ईविद्या 200 डीटीएच टीवी चैनल्स कैसे प्राप्त करें ? | Hindi         | 12:01 AM    02:02 AM    04:03 AM    06:05 AM    08:06 AM    10:07 AM    12:08 PM    02:10 PM    04:11 PM    06:12 PM    08:14 PM    10:15 PM |
| General                                                         | आज़ादी की अमृत कहानियाँ (अंशु जमसेंपा- पर्वत )          | Hindi         | 12:04 AM    02:05 AM    04:07 AM    06:08 AM    08:09 AM    10:10 AM    12:12 PM    02:13 PM    04:14 PM    06:15 PM    08:17 PM    10:18 PM |
| English                                                         | Crying                                                  | English/hindi | 12:06 AM    02:08 AM    04:09 AM    06:10 AM    08:11 AM    10:13 AM    12:14 PM    02:15 PM    04:17 PM    06:18 PM    08:19 PM    10:20 PM |
| General                                                         | मूल्य और जिम्मेदार नागरिकता                             | Hindi         | 12:16 AM    02:17 AM    04:19 AM    06:20 AM    08:21 AM    10:23 AM    12:24 PM    02:25 PM    04:26 PM    06:28 PM    08:29 PM    10:30 PM |



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|----------------|------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| General        | आज़ादी की अमृत कहानियाँ<br>(ट्रेलर)                  | Hindi   | 12:22 AM    02:23 AM    04:24 AM    06:26 AM    08:27 AM    10:28 AM    12:29 PM    02:31 PM    04:32 PM    06:33 PM    08:35 PM    10:36 PM |
| General        | जेंडर समानता                                         | Hindi   | 12:23 AM    02:24 AM    04:26 AM    06:27 AM    08:28 AM    10:29 AM    12:31 PM    02:32 PM    04:33 PM    06:34 PM    08:36 PM    10:37 PM |
| General        | पोषण ,स्वास्थ्य और स्वच्छता                          | Hindi   | 12:30 AM    02:32 AM    04:33 AM    06:34 AM    08:35 AM    10:37 AM    12:38 PM    02:39 PM    04:41 PM    06:42 PM    08:43 PM    10:44 PM |
| Flood          | Flood - बाढ़ से पहले क्या तैयारी रखें                | Hindi   | 12:37 AM    02:38 AM    04:40 AM    06:41 AM    08:42 AM    10:43 AM    12:45 PM    02:46 PM    04:47 PM    06:49 PM    08:50 PM    10:51 PM |
| General        | गुरु नानक प्रकाश पर्व                                | Hindi   | 12:38 AM    02:40 AM    04:41 AM    06:42 AM    08:43 AM    10:45 AM    12:46 PM    02:47 PM    04:49 PM    06:50 PM    08:51 PM    10:52 PM |
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023            | Hindi   | 12:50 AM    02:52 AM    04:53 AM    06:54 AM    08:55 AM    10:57 AM    12:58 PM    02:59 PM    05:01 PM    07:02 PM    09:03 PM    11:04 PM |
| General        | Introduction to waste segregation & dry and wet bins | English | 01:19 AM    03:20 AM    05:21 AM    07:22 AM    09:24 AM    11:25 AM    01:26 PM    03:27 PM    05:29 PM    07:30 PM    09:31 PM    11:33 PM |
| General        | Real life situations- garbage burning and what to do | English | 01:32 AM    03:33 AM    05:35 AM    07:36 AM    09:37 AM    11:39 AM    01:40 PM    03:41 PM    05:42 PM    07:44 PM    09:45 PM    11:46 PM |



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|---------|--------------------------------------------------------|-------|----------------------------------------------------------------------------------------------------------------------------------|
| General | आज़ादी की अमृत कहानियाँ<br>(हर्षिणी कान्हेकर - अग्नि ) | Hindi | 01:56 AM    03:57 AM    05:59 AM    08:00 AM    10:01 AM    12:03 PM    02:04 PM    04:05 PM    06:06 PM    08:08 PM    10:09 PM |
| General | आज़ादी की अमृत कहानियाँ<br>(टेस्सी थॉमस- अम्बर)        | Hindi | 01:59 AM    04:00 AM    06:01 AM    08:02 AM    10:04 AM    12:05 PM    02:06 PM    04:07 PM    06:09 PM    08:10 PM    10:11 PM |



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