

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

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

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

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

☞ For more info, kindly navigate to PM eVIDYA page on the SWAYAM PRABHA web portal or visit the link:
https://www.swayamprabha.gov.in/index.php/program/current_se/28.

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

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

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



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कक्षा - 10 की मासिक कार्यक्रम प्रसारण सारणी

Monthly Program Transmission Schedule of Class - 10

जनवरी 2025

January 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
बुधवार, 01 जनवरी 2025 Wednesday, 01 January 2025			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM 02:58 AM 05:56 AM 08:55 AM 11:53 AM 02:51 PM 05:50 PM 08:48 PM 11:46 PM
सामान्य	पवन मुक्तासन	हिन्दी	12:29 AM 03:27 AM 06:25 AM 09:24 AM 12:22 PM 03:21 PM 06:19 PM 09:17 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-1	Hindi	12:32 AM 03:30 AM 06:28 AM 09:27 AM 12:25 PM 03:24 PM 06:22 PM 09:20 PM
Cyber Security	Internet Ethics	English	12:52 AM 03:51 AM 06:49 AM 09:47 AM 12:46 PM 03:44 PM 06:42 PM 09:41 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 1	Hindi	12:55 AM 03:53 AM 06:52 AM 09:50 AM 12:48 PM 03:47 PM 06:45 PM 09:44 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Dance Competition: Boys Assam	Regional	01:26 AM 04:25 AM 07:23 AM 10:22 AM 01:20 PM 04:18 PM 07:17 PM 10:15 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	01:32 AM 04:30 AM 07:28 AM 10:27 AM 01:25 PM 04:23 PM 07:22 PM 10:20 PM



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Social Science (History)	So. Sci. (His): Chp 3: The Making of a Global World- 1	English	02:06 AM 05:05 AM 08:03 AM 11:01 AM 02:00 PM 04:58 PM 07:56 PM 10:55 PM
Science	Science: Chp-4: Carbon and its Compounds Part-1	English	02:36 AM 05:34 AM 08:33 AM 11:31 AM 02:30 PM 05:28 PM 08:26 PM 11:25 PM
बृहस्पतिवार, 02 जनवरी 2025 Thursday, 02 January 2025			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM 02:57 AM 05:54 AM 08:52 AM 11:49 AM 02:47 PM 05:44 PM 08:42 PM 11:39 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-2	Hindi	12:32 AM 03:29 AM 06:26 AM 09:24 AM 12:21 PM 03:19 PM 06:16 PM 09:14 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Porbandar	Hindi	12:56 AM 03:54 AM 06:51 AM 09:48 AM 12:46 PM 03:43 PM 06:41 PM 09:38 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 2	Hindi	01:01 AM 03:58 AM 06:56 AM 09:53 AM 12:50 PM 03:48 PM 06:45 PM 09:43 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	01:32 AM 04:29 AM 07:26 AM 10:24 AM 01:21 PM 04:19 PM 07:16 PM 10:14 PM
Social Science (History)	So. Sci. (His): Chp 3: The Making of a Global World- 3	English	01:57 AM 04:55 AM 07:52 AM 10:50 AM 01:47 PM 04:45 PM 07:42 PM 10:40 PM
Science	Science: Chp-4: Carbon and its Compounds Part-2	English	02:27 AM 05:25 AM 08:22 AM 11:19 AM 02:17 PM 05:14 PM 08:12 PM 11:09 PM



शुक्रवार, 03 जनवरी 2025
Friday, 03 January 2025

संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-1	Sanskrit	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:57 PM 05:57 PM 08:57 PM 11:56 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-6: राजनीतिक दल-1	Hindi	12:31 AM 03:31 AM 06:30 AM 09:30 AM 12:30 PM 03:29 PM 06:29 PM 09:28 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 3	Hindi	01:00 AM 03:59 AM 06:59 AM 09:59 AM 12:58 PM 03:58 PM 06:57 PM 09:57 PM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -1	English	01:32 AM 04:31 AM 07:31 AM 10:30 AM 01:30 PM 04:29 PM 07:29 PM 10:29 PM
Mathematics	Maths: Chapter- 4: Quadratic Equations- 1	English	01:52 AM 04:52 AM 07:52 AM 10:51 AM 01:51 PM 04:50 PM 07:50 PM 10:49 PM
General	Mental Health and Well Being -1	English/ hindi	02:12 AM 05:12 AM 08:12 AM 11:11 AM 02:11 PM 05:10 PM 08:10 PM 11:09 PM
Science	Science: Chapter-4 Carbon and its Compounds Part-3	English	02:35 AM 05:34 AM 08:34 AM 11:33 AM 02:33 PM 05:32 PM 08:32 PM 11:32 PM

शनिवार, 04 जनवरी 2025
Saturday, 04 January 2025

संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-2	Sanskrit	12:00 AM 02:57 AM 05:55 AM 08:53 AM 11:50 AM 02:48 PM 05:46 PM 08:44 PM 11:41 PM
General	Surya Namaskar	English	12:30 AM 03:27 AM 06:25 AM 09:23 AM 12:21 PM 03:18 PM 06:16 PM 09:14 PM



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सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-6: राजनीतिक दल-2	Hindi	12:36 AM 03:34 AM 06:32 AM 09:30 AM 12:27 PM 03:25 PM 06:23 PM 09:21 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Navodaya Vidyalaya	Regional	01:01 AM 03:59 AM 06:56 AM 09:54 AM 12:52 PM 03:50 PM 06:47 PM 09:45 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-1	Hindi	01:07 AM 04:05 AM 07:03 AM 10:00 AM 12:58 PM 03:56 PM 06:54 PM 09:51 PM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -2	English	01:37 AM 04:35 AM 07:32 AM 10:30 AM 01:28 PM 04:25 PM 07:23 PM 10:21 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	02:04 AM 05:01 AM 07:59 AM 10:57 AM 01:54 PM 04:52 PM 07:50 PM 10:48 PM
Mathematics	Maths: Chapter- 4: Quadratic Equations- 2	English	02:14 AM 05:11 AM 08:09 AM 11:07 AM 02:04 PM 05:02 PM 08:00 PM 10:58 PM
Cyber Security	Identity Theft	Hindi	02:37 AM 05:35 AM 08:32 AM 11:30 AM 02:28 PM 05:25 PM 08:23 PM 11:21 PM
Science	Science: Chap 6: Life Processes -1	English	02:38 AM 05:35 AM 08:33 AM 11:31 AM 02:28 PM 05:26 PM 08:24 PM 11:22 PM
रविवार, 05 जनवरी 2025 Sunday, 05 January 2025			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:57 AM 02:56 PM 05:55 PM 08:54 PM 11:54 PM



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General	E-Waste Management: Block 4.2	English	12:34 AM 03:33 AM 06:32 AM 09:32 AM 12:31 PM 03:30 PM 06:29 PM 09:29 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-1	Hindi	12:46 AM 03:45 AM 06:44 AM 09:44 AM 12:43 PM 03:42 PM 06:41 PM 09:41 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय-1	Hindi	01:13 AM 04:12 AM 07:12 AM 10:11 AM 01:10 PM 04:10 PM 07:09 PM 10:08 PM
General	जेंडर समानता	Hindi	01:40 AM 04:39 AM 07:38 AM 10:38 AM 01:37 PM 04:36 PM 07:35 PM 10:35 PM
Social Science (Economics)	S.Sc (Eco): Ch-1 Development- I	English	01:47 AM 04:46 AM 07:46 AM 10:45 AM 01:44 PM 04:43 PM 07:43 PM 10:42 PM
ENVIRONMENT	Life in Woods	English	02:13 AM 05:13 AM 08:12 AM 11:11 AM 02:11 PM 05:10 PM 08:09 PM 11:08 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:29 AM 05:28 AM 08:27 AM 11:26 AM 02:26 PM 05:25 PM 08:24 PM 11:24 PM
General English	Episode 7 Making Requests 1	English	02:48 AM 05:47 AM 08:46 AM 11:46 AM 02:45 PM 05:44 PM 08:43 PM 11:43 PM
सोमवार, 06 जनवरी 2025 Monday, 06 January 2025			
सामान्य	सेतु बंधासन	हिन्दी	12:00 AM 02:57 AM 05:55 AM 08:53 AM 11:51 AM 02:49 PM 05:46 PM 08:44 PM 11:42 PM



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हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-1	Hindi	12:03 AM 03:01 AM 05:59 AM 08:57 AM 11:54 AM 02:52 PM 05:50 PM 08:48 PM 11:46 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग-1	Hindi	12:25 AM 03:23 AM 06:21 AM 09:19 AM 12:16 PM 03:14 PM 06:12 PM 09:10 PM
General	Gender Equality (E)	English	12:49 AM 03:47 AM 06:44 AM 09:42 AM 12:40 PM 03:38 PM 06:36 PM 09:33 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय-2	Hindi	12:56 AM 03:54 AM 06:51 AM 09:49 AM 12:47 PM 03:45 PM 06:43 PM 09:41 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	01:05 AM 04:03 AM 07:01 AM 09:59 AM 12:56 PM 03:54 PM 06:52 PM 09:50 PM
सामान्य	मंदिरों की माला भुवनेश्वर	Hindi	01:29 AM 04:27 AM 07:24 AM 10:22 AM 01:20 PM 04:18 PM 07:16 PM 10:14 PM
Mathematics	Maths: Chapter- 4: Quadratic Equations- 3	English	01:49 AM 04:47 AM 07:45 AM 10:43 AM 01:40 PM 04:38 PM 07:36 PM 10:34 PM
General English	Episode 7 Making Requests 1	English	02:14 AM 05:11 AM 08:09 AM 11:07 AM 02:05 PM 05:03 PM 08:01 PM 10:58 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	02:25 AM 05:23 AM 08:20 AM 11:18 AM 02:16 PM 05:14 PM 08:12 PM 11:09 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:35 AM 05:33 AM 08:30 AM 11:28 AM 02:26 PM 05:24 PM 08:22 PM 11:19 PM



मंगलवार, 07 जनवरी 2025
Tuesday, 07 January 2025

हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-2	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:58 PM 05:58 PM 08:58 PM 11:58 PM
Health, Physical Education/Yoga/Sports	Yoga - Padmasan	Hindi	12:19 AM 03:19 AM 06:19 AM 09:19 AM 12:18 PM 03:18 PM 06:18 PM 09:18 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग-2	Hindi	12:35 AM 03:35 AM 06:35 AM 09:35 AM 12:35 PM 03:34 PM 06:34 PM 09:34 PM
सामान्य	अपूर्व रमणीय चिलीका	Hindi	12:58 AM 03:57 AM 06:57 AM 09:57 AM 12:57 PM 03:57 PM 06:56 PM 09:56 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय-1	Hindi	01:12 AM 04:12 AM 07:11 AM 10:11 AM 01:11 PM 04:11 PM 07:11 PM 10:10 PM
General	Mental Health and Well Being -1	English/hindi	01:24 AM 04:24 AM 07:24 AM 10:24 AM 01:24 PM 04:23 PM 07:23 PM 10:23 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	01:45 AM 04:45 AM 07:45 AM 10:45 AM 01:45 PM 04:44 PM 07:44 PM 10:44 PM
General(Science)	Acrobatic Stick	English	02:06 AM 05:06 AM 08:06 AM 11:06 AM 02:05 PM 05:05 PM 08:05 PM 11:05 PM
Mathematics	Maths: Chapter- 4: Quadratic Equations- 4	English	02:08 AM 05:07 AM 08:07 AM 11:07 AM 02:07 PM 05:07 PM 08:06 PM 11:06 PM



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Biography	Kamala The Swadeshi Nutriindian	English	02:23 AM 05:23 AM 08:22 AM 11:22 AM 02:22 PM 05:22 PM 08:22 PM 11:21 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:40 AM 05:40 AM 08:40 AM 11:39 AM 02:39 PM 05:39 PM 08:39 PM 11:39 PM
बुधवार, 08 जनवरी 2025 Wednesday, 08 January 2025			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:00 PM 09:00 PM
General	Bhadrāsana	English	12:36 AM 03:36 AM 06:36 AM 09:36 AM 12:36 PM 03:36 PM 06:36 PM 09:36 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-3	Hindi	12:38 AM 03:38 AM 06:38 AM 09:38 AM 12:38 PM 03:38 PM 06:38 PM 09:38 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English	12:59 AM 03:59 AM 06:59 AM 09:59 AM 12:59 PM 03:59 PM 06:59 PM 09:59 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-2	Hindi	01:07 AM 04:07 AM 07:07 AM 10:07 AM 01:07 PM 04:07 PM 07:07 PM 10:07 PM
General	Management of Wetlands Part -2	English	01:36 AM 04:36 AM 07:36 AM 10:36 AM 01:36 PM 04:36 PM 07:36 PM 10:36 PM
Language (English)	English:Chap 3: The Midnight Visitor-1	English	01:44 AM 04:44 AM 07:44 AM 10:44 AM 01:44 PM 04:44 PM 07:44 PM 10:44 PM



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General (Science)	Colour Shadow	English	02:01 AM 05:01 AM 08:01 AM 11:01 AM 02:01 PM 05:01 PM 08:01 PM 11:01 PM
General	Growing up Healthy	English	02:03 AM 05:03 AM 08:03 AM 11:03 AM 02:03 PM 05:03 PM 08:03 PM 11:03 PM
Social Science (History)	So. Sci. (His): Chp 3: The Making of a Global World- 1	English	02:07 AM 05:07 AM 08:07 AM 11:07 AM 02:07 PM 05:07 PM 08:07 PM 11:07 PM
Travel	Sivasagar - A Historical Place of Assam	English	02:37 AM 05:37 AM 08:37 AM 11:37 AM 02:37 PM 05:37 PM 08:37 PM 11:37 PM
Science	Science: Chap 6: Life Processes -2	English	02:40 AM 05:40 AM 08:40 AM 11:40 AM 02:40 PM 05:40 PM 08:40 PM 11:40 PM
बृहस्पतिवार, 09 जनवरी 2025 Thursday, 09 January 2025			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM 02:57 AM 05:55 AM 08:53 AM 11:50 AM 02:48 PM 05:46 PM 08:43 PM 11:41 PM
General	स्वस्थ बढ़ना	Hindi	12:29 AM 03:26 AM 06:24 AM 09:22 AM 12:19 PM 03:17 PM 06:15 PM 09:12 PM
Science	Science: Chap 6: Life Processes -4	English	12:33 AM 03:31 AM 06:28 AM 09:26 AM 12:24 PM 03:21 PM 06:19 PM 09:17 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 Music -Indigenous Toys and Games(Boy) :Tamil Nadu	Regional	12:54 AM 03:52 AM 06:49 AM 09:47 AM 12:45 PM 03:42 PM 06:40 PM 09:38 PM



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सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-1	Hindi	12:58 AM 03:55 AM 06:53 AM 09:51 AM 12:48 PM 03:46 PM 06:44 PM 09:41 PM
General English	Episode 2 Greeting an Acquaintance	English	01:18 AM 04:16 AM 07:13 AM 10:11 AM 01:09 PM 04:06 PM 07:04 PM 10:02 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-3	Hindi	01:27 AM 04:24 AM 07:22 AM 10:20 AM 01:17 PM 04:15 PM 07:13 PM 10:10 PM
Cultural Heritage: Art, Music & Dance	ताजमहल अतुलिया धरोवर	Hindi	01:50 AM 04:48 AM 07:46 AM 10:43 AM 01:41 PM 04:39 PM 07:36 PM 10:34 PM
Language (English)	English:Chap 3: The Midnight Visitor-2	English	02:00 AM 04:58 AM 07:56 AM 10:53 AM 01:51 PM 04:49 PM 07:46 PM 10:44 PM
Social Science (History)	So. Sci. (His): Chp 3: The Making of a Global World- 3	English	02:16 AM 05:14 AM 08:12 AM 11:09 AM 02:07 PM 05:05 PM 08:02 PM 11:00 PM
Cyber Security	Fake Whats app messages	English	02:45 AM 05:42 AM 08:40 AM 11:38 AM 02:35 PM 05:33 PM 08:31 PM 11:28 PM
General English	Episode 11 Agreeing 3	English	02:47 AM 05:45 AM 08:42 AM 11:40 AM 02:38 PM 05:35 PM 08:33 PM 11:31 PM
शुक्रवार, 10 जनवरी 2025 Friday, 10 January 2025			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-1	Sanskrit	12:00 AM 02:59 AM 05:58 AM 08:58 AM 11:57 AM 02:57 PM 05:56 PM 08:55 PM 11:55 PM



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सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-6: राजनीतिक दल-3	Hindi	12:27 AM 03:26 AM 06:26 AM 09:25 AM 12:24 PM 03:24 PM 06:23 PM 09:23 PM
Health, Physical Education/Yoga/ Sports	Yoga - Paschimottanaasan	Hindi	12:48 AM 03:47 AM 06:47 AM 09:46 AM 12:45 PM 03:45 PM 06:44 PM 09:44 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 1	Hindi	01:00 AM 04:00 AM 06:59 AM 09:59 AM 12:58 PM 03:57 PM 06:57 PM 09:56 PM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -1	English	01:32 AM 04:31 AM 07:31 AM 10:30 AM 01:29 PM 04:29 PM 07:28 PM 10:28 PM
Value Education	Village on Wheels	English/ hindi	01:49 AM 04:48 AM 07:48 AM 10:47 AM 01:47 PM 04:46 PM 07:45 PM 10:45 PM
Mathematics	Maths: Chapter- 4: Quadratic Equations- 1	English	02:08 AM 05:08 AM 08:07 AM 11:07 AM 02:06 PM 05:05 PM 08:05 PM 11:04 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Sewagram	Hindi	02:28 AM 05:28 AM 08:27 AM 11:27 AM 02:26 PM 05:25 PM 08:25 PM 11:24 PM
Science	Science: Chp-4: Carbon and its Compounds Part-1	English	02:37 AM 05:37 AM 08:36 AM 11:35 AM 02:35 PM 05:34 PM 08:34 PM 11:33 PM
शनिवार, 11 जनवरी 2025 Saturday, 11 January 2025			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-2	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:00 PM 09:00 PM



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Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:30 AM 03:30 AM 06:30 AM 09:30 AM 12:30 PM 03:30 PM 06:31 PM 09:31 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-4: जाति; धर्म और लैंगिक मसले -2	Hindi	12:31 AM 03:31 AM 06:31 AM 09:31 AM 12:31 PM 03:31 PM 06:31 PM 09:32 PM
General English	Episode 7 Making Requests 1	English	12:47 AM 03:47 AM 06:47 AM 09:48 AM 12:48 PM 03:48 PM 06:48 PM 09:48 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 2	Hindi	12:58 AM 03:58 AM 06:59 AM 09:59 AM 12:59 PM 03:59 PM 06:59 PM 09:59 PM
Cultural Heritage: Art, Music & Dance	Rojgar Kaushal	Hindi	01:29 AM 04:29 AM 07:29 AM 10:30 AM 01:30 PM 04:30 PM 07:30 PM 10:30 PM
Science	Science: Chp-4: Carbon and its Compounds Part-2	English	01:46 AM 04:46 AM 07:47 AM 10:47 AM 01:47 PM 04:47 PM 07:47 PM 10:47 PM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -1	English	02:16 AM 05:16 AM 08:16 AM 11:17 AM 02:17 PM 05:17 PM 08:17 PM 11:17 PM
सामान्य	उद्घाटन	हिन्दी	02:33 AM 05:33 AM 08:34 AM 11:34 AM 02:34 PM 05:34 PM 08:34 PM 11:34 PM
Mathematics	Maths: Chapter- 4: Quadratic Equations- 2	English	02:36 AM 05:36 AM 08:37 AM 11:37 AM 02:37 PM 05:37 PM 08:37 PM 11:37 PM

रविवार, 12 जनवरी 2025 Sunday, 12 January 2025			
Language (Urdu)	Urdu: Chp-1: Bhola	Urdu	12:00 AM 02:57 AM 05:55 AM 08:52 AM 11:50 AM 02:48 PM 05:45 PM 08:43 PM 11:41 PM
Health, Physical Education/Yoga/Sports	Daud	Hindi	12:30 AM 03:27 AM 06:25 AM 09:23 AM 12:20 PM 03:18 PM 06:16 PM 09:13 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-2	Hindi	12:50 AM 03:48 AM 06:46 AM 09:43 AM 12:41 PM 03:39 PM 06:36 PM 09:34 PM
General English	Episode 7 Making Requests 1	English	01:14 AM 04:12 AM 07:10 AM 10:07 AM 01:05 PM 04:02 PM 07:00 PM 09:58 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय-2	Hindi	01:25 AM 04:23 AM 07:21 AM 10:18 AM 01:16 PM 04:14 PM 07:11 PM 10:09 PM
Social Science (Economics)	S.Sc (Eco): Ch-1 Development- II	English	01:49 AM 04:46 AM 07:44 AM 10:42 AM 01:39 PM 04:37 PM 07:35 PM 10:32 PM
General	Gender Equality (E)	English	02:12 AM 05:10 AM 08:08 AM 11:05 AM 02:03 PM 05:01 PM 07:58 PM 10:56 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:19 AM 05:17 AM 08:15 AM 11:12 AM 02:10 PM 05:08 PM 08:05 PM 11:03 PM



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ENVIRONMENT	Life in Woods	English	02:42 AM 05:40 AM 08:37 AM 11:35 AM 02:33 PM 05:30 PM 08:28 PM 11:26 PM
सोमवार, 13 जनवरी 2025 Monday, 13 January 2025			
हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-1	Hindi	12:00 AM 02:58 AM 05:56 AM 08:54 AM 11:52 AM 02:50 PM 05:49 PM 08:47 PM 11:45 PM
Health, Physical Education/Yoga/Sports	Yoga - Paschimottanaasan	Hindi	12:23 AM 03:21 AM 06:19 AM 09:17 AM 12:15 PM 03:14 PM 06:12 PM 09:10 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग-3	Hindi	12:35 AM 03:33 AM 06:32 AM 09:30 AM 12:28 PM 03:26 PM 06:24 PM 09:22 PM
Cold Wave	Coldwave – Do's and don'ts of a cold wave for people residing in hilly regions	English	12:55 AM 03:53 AM 06:51 AM 09:49 AM 12:47 PM 03:45 PM 06:44 PM 09:42 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-1	Hindi	12:56 AM 03:54 AM 06:52 AM 09:50 AM 12:48 PM 03:46 PM 06:45 PM 09:43 PM
General	Gender Equality	English	01:15 AM 04:13 AM 07:11 AM 10:09 AM 01:08 PM 04:06 PM 07:04 PM 10:02 PM
Language (English)	English: Chap 5: Footprints without Feet	English	01:22 AM 04:20 AM 07:18 AM 10:17 AM 01:15 PM 04:13 PM 07:11 PM 10:09 PM
General	E-Waste Management: Block 4.1	English	01:54 AM 04:52 AM 07:50 AM 10:48 AM 01:46 PM 04:45 PM 07:43 PM 10:41 PM



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Mathematics	Maths: Chapter- 4: Quadratic Equations- 3	English	02:09 AM 05:07 AM 08:05 AM 11:04 AM 02:02 PM 05:00 PM 07:58 PM 10:56 PM
General	Emotional Well Being and Mental Health (H)	Hindi	02:34 AM 05:32 AM 08:30 AM 11:28 AM 02:26 PM 05:24 PM 08:23 PM 11:21 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:38 AM 05:37 AM 08:35 AM 11:33 AM 02:31 PM 05:29 PM 08:27 PM 11:26 PM
मंगलवार, 14 जनवरी 2025 Tuesday, 14 January 2025			
हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-2	Hindi	12:00 AM 02:58 AM 05:56 AM 08:54 AM 11:52 AM 02:51 PM 05:49 PM 08:47 PM 11:45 PM
General	E-Waste Management: Block 3	English	12:19 AM 03:17 AM 06:16 AM 09:14 AM 12:12 PM 03:10 PM 06:09 PM 09:07 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग-1	Hindi	12:37 AM 03:36 AM 06:34 AM 09:32 AM 12:30 PM 03:28 PM 06:27 PM 09:25 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:01 AM 03:59 AM 06:57 AM 09:55 AM 12:54 PM 03:52 PM 06:50 PM 09:48 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-2	Hindi	01:06 AM 04:05 AM 07:03 AM 10:01 AM 12:59 PM 03:57 PM 06:56 PM 09:54 PM
Cultural Heritage: Art, Music & Dance	ताजमहल अतुलिया धरोवर	Hindi	01:17 AM 04:15 AM 07:14 AM 10:12 AM 01:10 PM 04:08 PM 07:07 PM 10:05 PM



Language (English)	English: Chapter 6: The Making of a Scientist-1	English	01:27 AM 04:25 AM 07:24 AM 10:22 AM 01:20 PM 04:18 PM 07:17 PM 10:15 PM
सामान्य	अपूर्व रमणीय चिलीका	Hindi	01:56 AM 04:54 AM 07:53 AM 10:51 AM 01:49 PM 04:47 PM 07:46 PM 10:44 PM
Mathematics	Maths: Chapter- 4: Quadratic Equations- 4	English	02:10 AM 05:09 AM 08:07 AM 11:05 AM 02:03 PM 05:02 PM 08:00 PM 10:58 PM
Cultural Heritage: Art, Music & Dance	Folk Dance - Arunachal Pradesh	Regional	02:26 AM 05:24 AM 08:22 AM 11:20 AM 02:18 PM 05:17 PM 08:15 PM 11:13 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:35 AM 05:33 AM 08:32 AM 11:30 AM 02:28 PM 05:26 PM 08:25 PM 11:23 PM
बुधवार, 15 जनवरी 2025 Wednesday, 15 January 2025			
हिन्दी	पाठ-4: कवि और कविता : कवि मैथिलीशरण गुप्त और उनकी कविता "मनुष्यता"	हिन्दी	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:59 PM 11:59 PM
General	Bhadrasana	English	12:38 AM 03:38 AM 06:38 AM 09:38 AM 12:38 PM 03:38 PM 06:37 PM 09:37 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-2	Hindi	12:40 AM 03:40 AM 06:40 AM 09:40 AM 12:40 PM 03:40 PM 06:40 PM 09:40 PM
General	Micro Improvement	English	01:05 AM 04:05 AM 07:04 AM 10:04 AM 01:04 PM 04:04 PM 07:04 PM 10:04 PM



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गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 3	Hindi	01:06 AM 04:06 AM 07:06 AM 10:06 AM 01:06 PM 04:06 PM 07:06 PM 10:06 PM
Language (English)	English: Chapter 6: The Making of a Scientist-2	English	01:38 AM 04:38 AM 07:38 AM 10:38 AM 01:38 PM 04:38 PM 07:38 PM 10:38 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-1	English	02:07 AM 05:07 AM 08:07 AM 11:07 AM 02:07 PM 05:07 PM 08:07 PM 11:07 PM
Science	Science: Chapter-4 Carbon and its Compounds Part-3	English	02:35 AM 05:35 AM 08:35 AM 11:35 AM 02:35 PM 05:35 PM 08:35 PM 11:35 PM
बृहस्पतिवार, 16 जनवरी 2025 Thursday, 16 January 2025			
हिन्दी	पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	हिन्दी	12:00 AM 02:55 AM 05:50 AM 08:46 AM 11:41 AM 02:36 PM 05:32 PM 08:27 PM 11:23 PM
Cultural Heritage: Art, Music & Dance	NRP 2014 Folk Dance- Bhopal	Regional	12:25 AM 03:21 AM 06:16 AM 09:11 AM 12:07 PM 03:02 PM 05:57 PM 08:53 PM 11:48 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-3	Hindi	12:35 AM 03:30 AM 06:25 AM 09:21 AM 12:16 PM 03:11 PM 06:07 PM 09:02 PM 11:58 PM
Cultural Heritage: Art, Music & Dance	Kala se Badlaav	Hindi	12:56 AM 03:51 AM 06:47 AM 09:42 AM 12:38 PM 03:33 PM 06:28 PM 09:24 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-1	Hindi	01:09 AM 04:04 AM 07:00 AM 09:55 AM 12:50 PM 03:46 PM 06:41 PM 09:36 PM



Language (English)	English: Chp 4: A Question of Trust-2	English	01:41 AM 04:36 AM 07:31 AM 10:27 AM 01:22 PM 04:18 PM 07:13 PM 10:08 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	01:55 AM 04:50 AM 07:46 AM 10:41 AM 01:36 PM 04:32 PM 07:27 PM 10:23 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-2	English	02:05 AM 05:00 AM 07:56 AM 10:51 AM 01:46 PM 04:42 PM 07:37 PM 10:33 PM
General	Functions of Wetlands and their Biophysical characteristics	English	02:24 AM 05:19 AM 08:15 AM 11:10 AM 02:05 PM 05:01 PM 07:56 PM 10:52 PM
Science	Science: Chap 6: Life Processes -1	English	02:35 AM 05:31 AM 08:26 AM 11:21 AM 02:17 PM 05:12 PM 08:08 PM 11:03 PM
शुक्रवार, 17 जनवरी 2025 Friday, 17 January 2025			
संस्कृत	पाठ - 9: सूक्तयः - 1	संस्कृत	12:00 AM 02:58 AM 05:56 AM 08:54 AM 11:53 AM 02:51 PM 05:49 PM 08:48 PM 11:46 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:35 AM 03:33 AM 06:31 AM 09:30 AM 12:28 PM 03:26 PM 06:25 PM 09:23 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-2: संघवाद	Hindi	12:41 AM 03:39 AM 06:37 AM 09:36 AM 12:34 PM 03:32 PM 06:31 PM 09:29 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-2	Hindi	01:04 AM 04:02 AM 07:00 AM 09:59 AM 12:57 PM 03:55 PM 06:54 PM 09:52 PM



Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -2	English	01:34 AM 04:32 AM 07:30 AM 10:28 AM 01:27 PM 04:25 PM 07:23 PM 10:22 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-1	English	02:06 AM 05:04 AM 08:02 AM 11:01 AM 01:59 PM 04:57 PM 07:55 PM 10:54 PM
Science	Science: Chap 6: Life Processes -2	English	02:38 AM 05:36 AM 08:35 AM 11:33 AM 02:31 PM 05:30 PM 08:28 PM 11:26 PM
शनिवार, 18 जनवरी 2025 Saturday, 18 January 2025			
संस्कृत	संस्कृत : पाठ - 9:सूक्तयः - 2	संस्कृत	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:57 PM 05:57 PM 08:56 PM 11:56 PM
Cyber Security	Social Engineering	English	12:29 AM 03:28 AM 06:28 AM 09:27 AM 12:27 PM 03:26 PM 06:26 PM 09:25 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-2: संघवाद	Hindi	12:30 AM 03:29 AM 06:29 AM 09:28 AM 12:28 PM 03:27 PM 06:27 PM 09:26 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-3	Hindi	12:53 AM 03:52 AM 06:52 AM 09:51 AM 12:51 PM 03:50 PM 06:50 PM 09:49 PM
Cyber Security	Social Networking	English	01:16 AM 04:16 AM 07:15 AM 10:15 AM 01:14 PM 04:14 PM 07:13 PM 10:13 PM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -3	English	01:20 AM 04:20 AM 07:19 AM 10:19 AM 01:18 PM 04:18 PM 07:18 PM 10:17 PM



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General	Safety and Security against Violence and Injuries	English	01:47 AM 04:47 AM 07:46 AM 10:46 AM 01:45 PM 04:45 PM 07:44 PM 10:44 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-2	English	01:53 AM 04:52 AM 07:52 AM 10:51 AM 01:51 PM 04:51 PM 07:50 PM 10:50 PM
General	Functions of Wetlands and their Biophysical characteristics	English	02:27 AM 05:26 AM 08:26 AM 11:25 AM 02:25 PM 05:25 PM 08:24 PM 11:24 PM
Science	Science: Chap 6: Life Processes -4	English	02:38 AM 05:38 AM 08:37 AM 11:37 AM 02:36 PM 05:36 PM 08:35 PM 11:35 PM
रविवार, 19 जनवरी 2025 Sunday, 19 January 2025			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:05 PM 03:06 PM 06:07 PM 09:09 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-1	Hindi	12:36 AM 03:38 AM 06:39 AM 09:40 AM 12:42 PM 03:43 PM 06:44 PM 09:46 PM
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Drshti & Greeva	Hindi	01:00 AM 04:01 AM 07:03 AM 10:04 AM 01:05 PM 04:07 PM 07:08 PM 10:09 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-3	Hindi	01:22 AM 04:24 AM 07:25 AM 10:26 AM 01:28 PM 04:29 PM 07:30 PM 10:32 PM
Social Science (Economics)	S.Sc (Eco): Ch-1 Development- I	English	01:37 AM 04:39 AM 07:40 AM 10:41 AM 01:43 PM 04:44 PM 07:45 PM 10:47 PM



General	Management of Wetlands Part -2	English	02:04 AM 05:05 AM 08:06 AM 11:08 AM 02:09 PM 05:10 PM 08:12 PM 11:13 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:12 AM 05:13 AM 08:14 AM 11:16 AM 02:17 PM 05:18 PM 08:20 PM 11:21 PM
सामान्य	आचार्य हजारी प्रसाद द्विवेदी	Hindi	02:33 AM 05:34 AM 08:36 AM 11:37 AM 02:38 PM 05:40 PM 08:41 PM 11:42 PM
सोमवार, 20 जनवरी 2025 Monday, 20 January 2025			
हिन्दी	पाठ-4: कवि और कविता : कवि मैथिलीशरण गुप्त और उनकी कविता "मनुष्यता"	हिन्दी	12:00 AM 03:01 AM 06:02 AM 09:04 AM 12:05 PM 03:07 PM 06:08 PM 09:10 PM
सामान्य	सरदार वल्लभ भाई पटेल	Hindi	12:38 AM 03:39 AM 06:41 AM 09:42 AM 12:43 PM 03:45 PM 06:46 PM 09:48 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग-2	Hindi	12:41 AM 03:42 AM 06:44 AM 09:45 AM 12:47 PM 03:48 PM 06:50 PM 09:51 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-1	Hindi	01:03 AM 04:05 AM 07:06 AM 10:08 AM 01:09 PM 04:10 PM 07:12 PM 10:13 PM
Language (English)	English: Chp 4: Amanda	English	01:34 AM 04:35 AM 07:37 AM 10:38 AM 01:39 PM 04:41 PM 07:42 PM 10:44 PM
सांस्कृतिक विरासत: कला और शिल्प	तुम्बा कला	Hindi	02:03 AM 05:04 AM 08:06 AM 11:07 AM 02:09 PM 05:10 PM 08:11 PM 11:13 PM

Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-3	English	02:10 AM 05:12 AM 08:13 AM 11:14 AM 02:16 PM 05:17 PM 08:19 PM 11:20 PM
सामान्य	उद्घासन	हिन्दी	02:37 AM 05:39 AM 08:40 AM 11:41 AM 02:43 PM 05:44 PM 08:46 PM 11:47 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:40 AM 05:41 AM 08:43 AM 11:44 AM 02:46 PM 05:47 PM 08:49 PM 11:50 PM
मंगलवार, 21 जनवरी 2025 Tuesday, 21 January 2025			
हिन्दी	पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	हिन्दी	12:00 AM 02:58 AM 05:57 AM 08:55 AM 11:54 AM 02:53 PM 05:51 PM 08:50 PM 11:48 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग-3	Hindi	12:28 AM 03:27 AM 06:25 AM 09:24 AM 12:22 PM 03:21 PM 06:20 PM 09:18 PM
General	E-Waste Management: Block 4.2	English	12:47 AM 03:46 AM 06:44 AM 09:43 AM 12:42 PM 03:40 PM 06:39 PM 09:37 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-2	Hindi	12:59 AM 03:58 AM 06:56 AM 09:55 AM 12:54 PM 03:52 PM 06:51 PM 09:49 PM
Language (English)	English: Chp-3:The Ball Poem	English	01:10 AM 04:09 AM 07:07 AM 10:06 AM 01:04 PM 04:03 PM 07:02 PM 10:00 PM
Travel	Rangsapara	English	01:40 AM 04:38 AM 07:37 AM 10:36 AM 01:34 PM 04:33 PM 07:31 PM 10:30 PM



Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-4	English	02:02 AM 05:00 AM 07:59 AM 10:58 AM 01:56 PM 04:55 PM 07:53 PM 10:52 PM
Cyber Security	Online Predators	English	02:36 AM 05:34 AM 08:33 AM 11:31 AM 02:30 PM 05:29 PM 08:27 PM 11:26 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:37 AM 05:35 AM 08:34 AM 11:33 AM 02:31 PM 05:30 PM 08:28 PM 11:27 PM
बुधवार, 22 जनवरी 2025 Wednesday, 22 January 2025			
हिंदी	हिंदी :पाठ-3: लीलाधर मंडलोई	Hindi	12:00 AM 02:58 AM 05:56 AM 08:54 AM 11:52 AM 02:51 PM 05:49 PM 08:47 PM 11:45 PM
General	Ustrasana	English	12:19 AM 03:17 AM 06:15 AM 09:14 AM 12:12 PM 03:10 PM 06:08 PM 09:07 PM
सामाजिक विज्ञान (इतिहास)	पाठ-3: भूमंडलीकृत विश्व का बनना-1	हिन्दी	12:22 AM 03:20 AM 06:18 AM 09:17 AM 12:15 PM 03:13 PM 06:11 PM 09:09 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 1	Hindi	01:03 AM 04:01 AM 06:59 AM 09:57 AM 12:56 PM 03:54 PM 06:52 PM 09:50 PM
Language (English)	English: Chp 4: Amanda	English	01:34 AM 04:33 AM 07:31 AM 10:29 AM 01:27 PM 04:25 PM 07:24 PM 10:22 PM
General	Growth & Health (E)	English	02:04 AM 05:02 AM 08:00 AM 10:58 AM 01:56 PM 04:55 PM 07:53 PM 10:51 PM



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Dish TV Channel #2031

Social Science (History)	S. Sc. (His): Chp 4: The Age of Industrialisation-3	English	02:08 AM 05:06 AM 08:04 AM 11:02 AM 02:01 PM 04:59 PM 07:57 PM 10:55 PM
Health, Physical Education/Yoga/ Sports	Yoga - Chakkrasan	Hindi	02:24 AM 05:22 AM 08:20 AM 11:18 AM 02:17 PM 05:15 PM 08:13 PM 11:11 PM
Science	Science: Chp-4: Carbon and its Compounds Part-1	English	02:36 AM 05:34 AM 08:32 AM 11:31 AM 02:29 PM 05:27 PM 08:25 PM 11:23 PM
बृहस्पतिवार, 23 जनवरी 2025 Thursday, 23 January 2025			
हिंदी	हिंदी : पाठ-4: तीसरी कसम के शिल्पकार शैलेन्द्र: प्रलाद अग्रवाल	Hindi	12:00 AM 02:58 AM 05:56 AM 08:55 AM 11:53 AM 02:52 PM 05:50 PM 08:48 PM 11:47 PM
सामाजिक विज्ञान (इतिहास)	पाठ-3: भूमंडलीकृत विश्व का बनना-2	हिन्दी	12:22 AM 03:20 AM 06:19 AM 09:17 AM 12:15 PM 03:14 PM 06:12 PM 09:11 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 2	Hindi	12:56 AM 03:54 AM 06:52 AM 09:51 AM 12:49 PM 03:48 PM 06:46 PM 09:44 PM
Language (English)	English: Chap 5: Footprints without Feet	English	01:26 AM 04:25 AM 07:23 AM 10:22 AM 01:20 PM 04:18 PM 07:17 PM 10:15 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-1	English	01:58 AM 04:56 AM 07:55 AM 10:53 AM 01:52 PM 04:50 PM 07:48 PM 10:47 PM
General	Azadi ki Amrit Kahaniyan: (Anshu Jamsenpa :Parvat)	English	02:26 AM 05:24 AM 08:22 AM 11:21 AM 02:19 PM 05:18 PM 08:16 PM 11:14 PM



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Science	Science: Chp-4: Carbon and its Compounds Part-2	English	02:28 AM 05:26 AM 08:25 AM 11:23 AM 02:22 PM 05:20 PM 08:18 PM 11:17 PM
शुक्रवार, 24 जनवरी 2025 Friday, 24 January 2025			
संस्कृत	पाठ - 9: सूक्तयः - 1	संस्कृत	12:00 AM 03:05 AM 06:10 AM 09:15 AM 12:20 PM 03:26 PM 06:31 PM 09:36 PM
General	Vrikshasana	English	12:35 AM 03:40 AM 06:45 AM 09:50 AM 12:56 PM 04:01 PM 07:06 PM 10:11 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-6: राजनीतिक दल-1	Hindi	12:37 AM 03:42 AM 06:47 AM 09:53 AM 12:58 PM 04:03 PM 07:08 PM 10:14 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 3	Hindi	01:01 AM 04:06 AM 07:11 AM 10:16 AM 01:21 PM 04:27 PM 07:32 PM 10:37 PM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -1	English	01:32 AM 04:37 AM 07:43 AM 10:48 AM 01:53 PM 04:58 PM 08:04 PM 11:09 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-1	English	01:49 AM 04:55 AM 08:00 AM 11:05 AM 02:10 PM 05:15 PM 08:21 PM 11:26 PM
Science	Science: Chapter-4 Carbon and its Compounds Part-3	English	02:33 AM 05:38 AM 08:43 AM 11:48 AM 02:54 PM 05:59 PM 09:04 PM
General	जेंडर समानता	Hindi	02:57 AM 06:03 AM 09:08 AM 12:13 PM 03:18 PM 06:23 PM 09:29 PM



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शनिवार, 25 जनवरी 2025 Saturday, 25 January 2025			
संस्कृत	संस्कृत : पाठ - 9: सूक्तयः - 2	संस्कृत	12:00 AM 03:01 AM 06:03 AM 09:05 AM 12:06 PM 03:08 PM 06:10 PM 09:11 PM
General	Dhyana	English	12:29 AM 03:30 AM 06:32 AM 09:34 AM 12:35 PM 03:37 PM 06:39 PM 09:40 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-6: राजनीतिक दल-2	Hindi	12:33 AM 03:34 AM 06:36 AM 09:38 AM 12:39 PM 03:41 PM 06:43 PM 09:44 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-1	Hindi	12:57 AM 03:59 AM 07:00 AM 10:02 AM 01:04 PM 04:05 PM 07:07 PM 10:09 PM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -2	English	01:30 AM 04:31 AM 07:33 AM 10:35 AM 01:36 PM 04:38 PM 07:40 PM 10:41 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-2	English	02:08 AM 05:09 AM 08:11 AM 11:13 AM 02:14 PM 05:16 PM 08:18 PM 11:19 PM
Science	Science: Chap 6: Life Processes -1	English	02:42 AM 05:43 AM 08:45 AM 11:47 AM 02:48 PM 05:50 PM 08:52 PM 11:53 PM
रविवार, 26 जनवरी 2025 Sunday, 26 January 2025			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM 03:01 AM 06:03 AM 09:05 AM 12:07 PM 03:09 PM 06:11 PM 09:13 PM



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General	Gender Equality (H)	Hindi	12:34 AM 03:36 AM 06:38 AM 09:40 AM 12:41 PM 03:43 PM 06:45 PM 09:47 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-2	Hindi	12:41 AM 03:43 AM 06:45 AM 09:47 AM 12:49 PM 03:51 PM 06:53 PM 09:55 PM
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Drshti & Greeva	Hindi	01:05 AM 04:07 AM 07:09 AM 10:11 AM 01:13 PM 04:15 PM 07:17 PM 10:19 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-3	Hindi	01:27 AM 04:29 AM 07:31 AM 10:33 AM 01:35 PM 04:37 PM 07:39 PM 10:41 PM
Social Science (Economics)	S.Sc (Eco): Ch-1 Development- II	English	01:42 AM 04:44 AM 07:46 AM 10:48 AM 01:50 PM 04:52 PM 07:54 PM 10:56 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:17 AM 05:19 AM 08:21 AM 11:23 AM 02:25 PM 05:27 PM 08:29 PM 11:31 PM
सामान्य	सीखने की राह पर	Hindi	02:38 AM 05:40 AM 08:42 AM 11:44 AM 02:46 PM 05:48 PM 08:50 PM 11:52 PM
सोमवार, 27 जनवरी 2025 Monday, 27 January 2025			
हिंदी	हिंदी :पाठ-3: लीलाधर मंडलोई	Hindi	12:00 AM 03:03 AM 06:07 AM 09:11 AM 12:15 PM 03:18 PM 06:22 PM 09:26 PM
Cyber Security	Identity Theft	Hindi	12:26 AM 03:30 AM 06:33 AM 09:37 AM 12:41 PM 03:45 PM 06:49 PM 09:52 PM



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सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-1	Hindi	12:27 AM 03:30 AM 06:34 AM 09:38 AM 12:42 PM 03:45 PM 06:49 PM 09:53 PM
विज्ञान	विज्ञान: Samanya Prayogshala Niyam : Hindi	Hindi	12:46 AM 03:50 AM 06:54 AM 09:58 AM 01:02 PM 04:05 PM 07:09 PM 10:13 PM
विज्ञान	विज्ञान: प्रयोगशाला सम्बन्धी खतरे और उनके सकेत	Hindi	01:06 AM 04:09 AM 07:13 AM 10:17 AM 01:21 PM 04:25 PM 07:28 PM 10:32 PM
Language (English)	English: Chp 4: Amanda	English	01:26 AM 04:30 AM 07:34 AM 10:38 AM 01:41 PM 04:45 PM 07:49 PM 10:53 PM
Science	Science: Chap 6: Life Processes -2	English	01:55 AM 04:59 AM 08:03 AM 11:07 AM 02:11 PM 05:14 PM 08:18 PM 11:22 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-3	English	02:15 AM 05:19 AM 08:23 AM 11:26 AM 02:30 PM 05:34 PM 08:38 PM 11:42 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:42 AM 05:46 AM 08:50 AM 11:53 AM 02:57 PM 06:01 PM 09:05 PM
मंगलवार, 28 जनवरी 2025 Tuesday, 28 January 2025			
हिंदी	हिंदी : पाठ-4: तीसरी कसम के शिल्पकार शैलेन्द्र: प्रलाद अग्रवाल	Hindi	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:57 AM 02:56 PM 05:55 PM 08:55 PM 11:54 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:20 AM 03:19 AM 06:19 AM 09:18 AM 12:17 PM 03:17 PM 06:16 PM 09:15 PM



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सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-2	Hindi	12:21 AM 03:20 AM 06:20 AM 09:19 AM 12:18 PM 03:18 PM 06:17 PM 09:16 PM
विज्ञान	विज्ञान: Samanya Prayogshala Niyam : Hindi	Hindi	12:46 AM 03:45 AM 06:44 AM 09:44 AM 12:43 PM 03:42 PM 06:42 PM 09:41 PM
विज्ञान	विज्ञान: प्रयोगशाला सम्बन्धी खतरे और उनके सकेत	Hindi	01:05 AM 04:04 AM 07:04 AM 10:03 AM 01:02 PM 04:02 PM 07:01 PM 10:00 PM
General	कमल	Hindi	01:15 AM 04:14 AM 07:13 AM 10:13 AM 01:12 PM 04:11 PM 07:11 PM 10:10 PM
Language (English)	English: Chp-3:The Ball Poem	English	01:23 AM 04:23 AM 07:22 AM 10:21 AM 01:21 PM 04:20 PM 07:19 PM 10:19 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-4	English	02:04 AM 05:03 AM 08:03 AM 11:02 AM 02:01 PM 05:01 PM 08:00 PM 10:59 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:38 AM 05:37 AM 08:37 AM 11:36 AM 02:35 PM 05:34 PM 08:34 PM 11:33 PM
बुधवार, 29 जनवरी 2025 Wednesday, 29 January 2025			
हिंदी	हिंदी :पाठ-3: लीलाधर मंडलोई	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:03 PM 06:04 PM 09:05 PM
General	Ustrasana	English	12:19 AM 03:20 AM 06:21 AM 09:21 AM 12:22 PM 03:23 PM 06:24 PM 09:24 PM



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सामाजिक विज्ञान (इतिहास)	पाठ-3: भूमंडलीकृत विश्व का बनना-1	हिन्दी	12:22 AM 03:23 AM 06:23 AM 09:24 AM 12:25 PM 03:26 PM 06:26 PM 09:27 PM
Health, Physical Education/Yoga/Sports	Yoga - Paschimottanaasan	Hindi	12:52 AM 03:53 AM 06:53 AM 09:54 AM 12:55 PM 03:56 PM 06:56 PM 09:57 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-2	Hindi	01:04 AM 04:05 AM 07:06 AM 10:07 AM 01:07 PM 04:08 PM 07:09 PM 10:10 PM
Language (English)	English: Chp 4: Amanda	English	01:36 AM 04:37 AM 07:37 AM 10:38 AM 01:39 PM 04:40 PM 07:40 PM 10:41 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-2	English	02:16 AM 05:17 AM 08:18 AM 11:18 AM 02:19 PM 05:20 PM 08:21 PM 11:21 PM
General	Growing up Healthy	English	02:35 AM 05:36 AM 08:37 AM 11:37 AM 02:38 PM 05:39 PM 08:40 PM 11:40 PM
Science	Science: Chap 6: Life Processes -4	English	02:39 AM 05:40 AM 08:41 AM 11:42 AM 02:42 PM 05:43 PM 08:44 PM 11:45 PM
बृहस्पतिवार, 30 जनवरी 2025 Thursday, 30 January 2025			
हिंदी	हिंदी : पाठ-4: तीसरी कसम के शिल्पकार शैलेन्द्र: प्रलाद अग्रवाल	Hindi	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:55 AM 02:54 PM 05:53 PM 08:51 PM 11:50 PM
सामाजिक विज्ञान (इतिहास)	पाठ-3: भूमंडलीकृत विश्व का बनना-2	हिन्दी	12:26 AM 03:25 AM 06:24 AM 09:23 AM 12:22 PM 03:20 PM 06:19 PM 09:18 PM



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Cultural Heritage: Art, Music & Dance	National Role Play & Folk Dance - Ajmer	Regional	12:49 AM 03:48 AM 06:47 AM 09:45 AM 12:44 PM 03:43 PM 06:42 PM 09:41 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-3	Hindi	01:00 AM 03:59 AM 06:58 AM 09:56 AM 12:55 PM 03:54 PM 06:53 PM 09:52 PM
Language (English)	English: Chap 5: Footprints without Feet	English	01:34 AM 04:33 AM 07:32 AM 10:31 AM 01:30 PM 04:29 PM 07:27 PM 10:26 PM
Social Science (History)	S. Sc. (His): Chp 4: The Age of Industrialisation-3	English	02:08 AM 05:07 AM 08:05 AM 11:04 AM 02:03 PM 05:02 PM 08:01 PM 11:00 PM
General	Mental Health and Well Being -1	English/ hindi	02:24 AM 05:23 AM 08:21 AM 11:20 AM 02:19 PM 05:18 PM 08:17 PM 11:16 PM
Science	Science: Chapter 7: Control and Coordination-1	English	02:45 AM 05:44 AM 08:42 AM 11:41 AM 02:40 PM 05:39 PM 08:38 PM 11:37 PM
शुक्रवार, 31 जनवरी 2025 Friday, 31 January 2025			
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:00 AM 04:07 AM 07:13 AM 10:20 AM 01:27 PM 04:33 PM 07:40 PM 10:47 PM
गणित	गणित : पाठ-6: त्रिभुज-3	Hindi	01:05 AM 10:52 PM 07:46 PM 04:39 PM 01:32 PM 10:26 AM 07:19 AM 04:12 AM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -3	English	01:45 AM 04:52 AM 07:58 AM 11:05 AM 02:12 PM 05:19 PM 08:25 PM 11:32 PM



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Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-5	English	02:12 AM 11:59 PM 08:52 PM 05:46 PM 02:39 PM 11:32 AM 08:25 AM 05:19 AM
General	Health And Sanitation (E)	English	02:38 AM 09:18 PM 06:11 PM 03:04 PM 08:51 AM 05:44 AM 11:58 AM
General	जेंडर समानता	Hindi	02:59 AM 06:06 AM 09:12 AM 12:19 PM 03:26 PM 06:32 PM 09:39 PM
संस्कृत	संस्कृत: पाठ - 1 शुचिपर्यावरणम्	Sanskrit	03:06 AM 09:47 PM 06:40 PM 03:33 PM 12:26 PM 09:20 AM 06:13 AM 12:00 AM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-6: राजनीतिक दल-3	Hindi	04:12 PM 10:26 PM 07:19 PM 01:06 PM 09:59 AM 12:39 AM 03:45 AM 06:52 AM
General	Gender Equality	English	05:11 PM 08:18 PM 11:25 PM 07:51 AM 10:58 AM 04:45 AM 01:38 AM 02:05 PM
Science	Science: Chapter 7: Control and Coordination-2	English	06:18 PM 09:24 PM 03:11 PM 12:04 PM 08:57 AM 05:51 AM 02:44 AM

