Province	District	FM Stations	FREQ. MHZ	PSA Language	Airing Time	Frequency	PSA Duration	October, 2020									November, 2020				
								23	24	25	26	27	28	29	30	31	1	2	3	4	5
1	Taplejung	Radio Taplejung	94.0	Nepali	6 AM, 8 AM, 10 AM, 12 Noon, 2 PM, 4 PM, 6 PM, 8 PM	112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Tamor	102			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Panchthar	Radio Samhaltlang	104.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Eagle FM	99.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Illam	Illam FM	93.0			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Nepalbani FM	93.0			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Jhapa	Pathibhara FM	93.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Vision	91.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Morang	Birat FM	91.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Sky FM	106.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Sunsari	Saptakoshi Fm	90			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Vijayapur Fm	98.8			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Dhankuta	Radio Lailiguras	105.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Terathum	Radio Menchhyayem	103.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Bhojpur	Radio Unnati	93.8			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Sankhuwasabha	Khandbari FM	105.8			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Solukhumbo	Himal FM	90.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Khotang	Haleshi FM	102.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Okhaldhunga	Afno FM	104.8			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Udaypur	Radio Triyuga	104.0			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Amurta Fm	91.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
2	Saptari	Bhurkuwa FM	92.8	Maithili & Nepali	6 AM, 8 AM, 10 AM, 12 Noon, 2 PM, 4 PM, 6 PM, 8 PM	112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Siraha	Radio Salhesh	88.8			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Samadh	102.6			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Dhanusha	Radio Mithila	100.8			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Mithilanchal FM	105.0			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Mohottari	Radio Appan Mithila	94.4			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Sarlahi	Dhukdhuki FM	95.2			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Bara	Radio Simara	91.2			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8

	Parsa	Radio Birgunj	99.0	Bhojpuri & Nepali		112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Bindas	94.8			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Rautahat	Rajdevi FM	93.2			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Bagmati	Sindhuli	Community Radio Siddhababa	98.4	Nepali & Tamang	6 AM, 8 AM, 10 AM, 12 Noon, 2 PM, 4 PM, 6 PM, 8 PM	112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Ramechap	Hajurko FM	102.1			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Dolakha	Hamro Radio	103.4			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Kavre	Radio Top Town	107.0			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Masti	87.9			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Makwanpur	Radio Sandesh				112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Thaha Sanchar	99.6			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Rasuwa	Radio Rasuwa	102.1			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Langtang	90.3			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Sindhupalchwok	Radio Planet	89.1			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Sunkoshi	105.6			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Dhading	Radio Dhading	106.0			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Nuwakot	Radio Trishuli	88.4			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Chitwan	Kalika FM	95.2			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Hamro FM	94			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Bhaktapur	Nepaliko Radio	88.8			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Bhaktapur FM				112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	National FMs	Radio Nepal	97.9		7:00 AM	14	75	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
			97.9		7:00 PM	14	75	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		Image FM	97.9		6:00 AM	112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Image FM	97.9		6:00 PM	112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Ujjayalo	90.0		Kayakairan	14	75	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		Ujjayalo	90.0		Nepal Darpan	14	75	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		Radio Kantipur	96.1		6:30 AM	14	75	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		Radio Kantipur	96.1		6:30 PM	14	75	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		CIN - Sajha Khabar				14	75	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		Nepali Radio -Janata Janna Chahancha	98.3	Nepali & Newari	8:00 PM-8:30 PM	14	75	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		Nepali Radio Nepali Bahas			6:00 AM-7:00 AM	14	75	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		Sagarmatha FM (BBC News)	102.4		7:15 AM - 7:30 AM and 8:45 PM - 9:15 PM	28	75	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	Kathmandu	Capital FM	92.4			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8

	Kathmandu	Mero FM	93.5			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Lalitpur	Headlines and Music	97.2			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Classic FM	101.2			112	75	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Nawalparasi (East)	Madhyabundu FM	101.0	Awadhi & Nepali		112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Vijaya FM	101.6			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Gandaki	Gorkha	Radio Gorkha	92.8	Nepali	6 AM, 8 AM, 10 AM, 12 Noon, 2 PM, 4 PM, 6 PM, 8 PM	112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Choice FM	90.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Manaslu	103.9			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Kaski	Barahi FM	99.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Machapuchre FM	91			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Big FM	101.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Tarang FM	107			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Syangja	Community Radio Syangja FM	89.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Lamjung	Radio Lamjung	91.8			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Tanahu	Damauli Fm	94.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Mygdi	Myagdikali FM	88.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Baglung	Dhaulagiri FM	98.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Parbat	Radio Didibahini	95.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Mustang	Radio Mustang	89.0			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Manang	Radio Manang	106.9			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Lumbini	Argakhachi	Suryodaya FM	94.0	Nepali	6 AM, 8 AM, 10 AM, 12 Noon, 2 PM, 4 PM, 6 PM, 8 PM	112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Gulmi	Radio Resunga	106.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Palpa	Radio Madanpokhara	106.9			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Shreenagar FM	93.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Rolpa	Radio Rolpa	93.8			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Jaljala	96.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Puthyan	Radio Lisne Awaj	103.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Jajarkot	Radio Khalanga	107.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Rukum (East)	Radio Purbi Rukum	103.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Salyan	Radio Sharada Fm	99.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Dang	Indreni FM	92.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Bardiya	Gurubaba FM	106.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Rupandehi	Radio Lumbini	96.8	Awadhi & Nepali		112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Butwal FM	94.4			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Nawalparasi (West)	Radio Daunne	103.4			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Parasi	103.6			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Kapilbastu	Samudayik Radio	89.6			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8

	Banke	Radio Krishnasar	94.0			112	80	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Karnali	Rukum (West)	Unique FM	97.6	Nepali	6 AM, 8 AM, 10 AM, 12 Noon, 2 PM, 4 PM, 6 PM, 8 PM	112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Sisne	93.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Rapti	104.8			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Humla	Radio Kailash FM	103.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Shreenagar	102.0			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Jumla	Radio Karnali	105.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Kalikot	Radio Chankheli	98.8			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Pradesh Awaj	94.0			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Mugu	Radio Sauryadaya	92.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Rara	107			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Keshmalika	91.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Dailekh	Radio Dhurbatara FM	89.8			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Jwala	100.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Dolpa	Dolpa FM	101.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Surkhet	Radio Bheri FM	98.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Surkhet	90.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Jagaran FM	93.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Bulbule FM	103.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Sudur-Paschim	Kailali	Ghodagadi FM	93.8	Nepali	6 AM, 8 AM, 10 AM, 12 Noon, 2 PM, 4 PM, 6 PM, 8 PM	112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Hamro Malika Fm	107			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Tikapur FM	101			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Daily mail	94.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Doti	Radio Saileshwori	105.9			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Tribeni FM	94.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Accham	Radio Ramaroshan	92.0			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Bajhang	Saipal FM	100.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Seti Samudayik FM	93.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Bajura	Radio Bajura	104.0			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Radio Budinanda	96.5			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Darchula	Radio Kalapani	102.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Dadeldhura	Radio Sudoor Awaz	95.0			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Baitadi	Radio Saugat	103.6			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Kanchanpur	Radio Mahakali	96.2			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		Shuklafanta FM	99.4			112	70	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Total																					