

**Radio Nepal Fm Kathmandu 100**  
**Program Schedule, Effective from 1 Magh, 2066**  
**Co ordinator : Tika Prasad Bhandari**

Day/ On Air time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 Am to 7:30Am	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up
7:30 Am To 9:00 Am	Good Morning Colleagues H. Lamichane	Good Morning Colleagues H. Lamichane	Good Morning Colleagues H. Lamichane	Good Morning Colleagues H. Lamichane	Good Morning Colleagues H. Lamichane	Good Morning Colleagues H. Lamichane	Good Morning Colleagues H. Lamichane
9:00 Am	News	News	News	News	News	News	News
9:15 to 10:00	Suseli Narahari Neupane	Suseli Ram Thapa Abiral	Suseli Narahari Neupane	Nonstop folk old song	Suseli Narahari Neupane	Suseli Narahari Neupane	non stop music Mero jindagi Mero Boswas
10:00 Am – 11:00	Bollywood Tahalka Pragya Sarad	Face To Face Tika Bhandari	Non stop music	First Bite Dhiraj Khanal	Bollywood Tahalka Pragya Sarad	National Programme Hook Up	Sene Guff/Sangsangai Babita Khanal
11:00 Am -12:00	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up
12:00 Pm	News	News	News	News	News	News	New
12:15–1:00	National Programme Hook Up	Music Mazza Dhiraj Khanal	Mero Geer Mero Sandesh Anita Acharya	Fast Track Dhiraj Khanal	Fast Track Dhiraj Khanal	Good Friday Babita/Tika Bhandari	National Programme Hook Up
1:00 Pm-2:00	Mero Anurodh Pragya	Kyaal thatta Nabin /Babita	Mero Anurodh Shova Thapaliya	Mero Anurodh Pragya Sarad	Fan Box Nabin Dahal	Mero Anurodh Shova Bhattra	Mero Anurodh Shova Bhattarai
2:00 Pm-3:00	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up
3:00 Pm	News	News	News	News	News	News	News
3:15–4:00	National Programme Hook Up	Pop Lahar Pragya	Pop Lahar Shova Bhattarai	Mazzi Mazza Purna k Thapa	Lok Suseli Ram Thapa	National Programme Hook Up	National Programme Hook Up
4:00 Pm-5:00	Samya Sangeet Nabina Dahal	Samya Sangeet Purna Thapa	Samya Sangeet Ramesh Poudel	Samya Sangeet Ram Abiral	Samya Sangeet Pragya sarad	Samya Sangeet Kalpana Ghimire	Samya Sangeet Diwakar Sharma
5:00 Pm-6:00	Bal Bagiacha Babita Khanal	Bal Bagaicha Chanda Bista	Bal Bagaicha Diwakar Sharma	Bal Bagaicha Shova Thapaliya	Bal Bagaicha Dhiraj Khanal	Bal Bagaicha Rita Timilshina	Rang ki Thyang SK Simkhada
6:00 Pm-7:00	Fast Track Eng Coordinator Umesh Shrestha	Fast Track Eng Coordinator Umesh Shrestha	Fast Track Eng Coordinator Umesh Shrestha	Fast Track Eng Coordinator Umesh Shrestha	Fast Track Eng Coordinator Umesh Shrestha	Fast Track Eng Coordinator Umesh Shrestha	Fast Track Eng Coordinator Umesh Shrestha
7:00–8:00	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up
8:00-8:30	Non stop English	Non stop English	Non stop English	Non stop English	Non stop English	Non stop English	Non stop English
8:00 Pm-900	Non stop English	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up
9:30 Pm-11:00	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	National Programme Hook Up	Non stop Music Saaj Ra Awaj Tika Bhandari (repeat)