

Nepal Radio Broadcasters' Directory 2008

Radio Stations

The name of radio stations are listed alphabetically, with the respective information as provided by the respective radio stations. **Date format is mm-dd-yyyy (month-date-year) in B.S.**

ABC News Radio 100.6 MHz

Chetna Sanchar Pvt. Ltd.

Sundhara, Kathmandu (Kathmandu)

Phone(s): 01-4261545, 4261636, 4254620 (Fax)

Email: info@abctvnepal.com, marketing@abctvnepal.com | Web: www.abctvnepal.com

Transmission Power: 500 watts | License Date: 08-26-2063, Broadcast Date:

B FM 91.2 MHz

Birat Shree Media Network Pvt. Ltd.

Shanti Chowk, Biratnagar-7 (Morang)

Phone(s): 021-533471, 534290, 534293, 532508 (Fax)

Postal Address: Post Box No. 204, Morang

Contact Person(s): Sandesh Dass Shrestha (Managing Director) 9852022594, Nisha Dahal (Program Director) 9842020381, Deependra Thapa (Chief Technician) 9842048920

Email: nisha.bfm912@gmail.com, bfm912.brt@gmail.com | Web: www.bfm912.com

Transmission Power: 500 watts | License Date: 05-06-2063, Broadcast Date: 10-09-2063

Baglung FM 96.4 MHz

Baglung Suchana Tatha Sanchar Sahakari Sanstha Ltd.

Majhkot, Baglung-2 (Baglung)

Phone(s): 068-522075, 522166, 522165, 521176 (Fax)

Postal Address: Post Box No. 11, Baglung

Contact Person(s): Gynendra Gautam (Managing Director) 9857620035, Chiranjivi Regmi

(Administration) 9847622756, Deependra Thapa (Chairperson) 9847621705, Hari Prasad Sharma (Kathmandu Representative) 984168967

Email: baglungfm@yahoo.com | Web: www.baglungfm.org.np

Transmission Power: 500 watts | License Date: 10-04-2063, Broadcast Date: 02-13-2064

Bhaktapur FM 105.4 MHz

Bhaktapur FM Pvt. Ltd.

Itachhen, Bhaktapur-15 (Bhaktapur)

Phone(s): 01-6617111, 6616111, 6613972, 6610607 (Fax) | SMS Number: 1054

Postal Address: Post Box No. 111, Bhaktapur

Contact Person(s): Rajesh Hada (Chairperson) 9841202921, Rabi Hada (Managing Director) 9841202925

Email: hada_rajesh@bhaktapurfm.com.np | Web: www.bhaktapurfm.com.np

Transmission Power: 100 watts | License Date: 05-31-2060, Broadcast Date: 01-24-2061

Bheri FM 105.4 MHz

Nepal Press Institute

Shanti Path, Nepalgunj – 17 (Banke)

Phone(s): 081-525727, 521604, 522469 (Fax)

Contact Person(s): Hemanta Karmacharya (Director) 9858021959, Mohammad Arif Ansari (Assistant Director) 9848023997, Pitambar Kattel (Secretary) 9748008545, Chiranjibi Khanal (Kathmandu Representative) 9851002147

Email: bherifm105.4@gmail.com, rmerc_npj@wlink.com.np | Web: www.npiktm.org

Transmission Power: 100 watts | License Date: 05-18-2060, Broadcast Date: 11-19-2062

Bijayapur FM 98.8 MHz

Bijayapur Media Group Pvt. Ltd.
Bijayapur, Dharan – 10 (Sunsari)
Phone(s): 025-520944, 532732, 532733, 532732 (Fax)
Contact Person(s): Jas Kumar Rai (Station Manager) 9841215672, Dorpa Dhoj (Chairperson) 9842037505
Email: bekharchi@hotmail.com
Transmission Power: 1000 watts | License Date: 09-12-2064 | Broadcast Date: 05-26-2065

Bulbule FM 103.4 MHz

Bulbule Sanchar Kendra
New Road, Birendranagar – 6 (Surkhet)
Phone(s): 083-523075, 523075 (Fax)
Contact Person(s): Ganesh Hamal (Managing Director) 9848040856, Mohan Singh Baduwal (Chairperson) 9848041606, Bhirkh Baduwal (Station Manager)
Email: bulbulefm@yahoo.com
Transmission Power: 100 watts | License Date: 05-16-2060, Broadcast Date: 08-05-2061

Butwal FM 94.4 MHz

Siddhartha Media Services Pvt. Ltd.
Butwal (Rupandehi)
Phone(s): 071-438573, 483574, 438575, 438572 (Fax)
Contact Person(s): Madhav Nepal (Station Manager) 9857021402, Mahendra Narayan Shrestha (Chairperson) 9857028135
Email: butwalfm@hons.com.np | Web: www.butwalfm.com
Transmission Power: 1000 watts | License Date: 04-04-2058, Broadcast Date: 03-07-2058

Capital FM 92.4 MHz

Malikarjun FM Pvt. Ltd.
Saraswati Marg, Thapa Gau, Kathmandu – 34 (Kathmandu)
Phone(s): 01-4475345, 4475346, 4475344 (Fax)
Postal Address: G.P.O. Box No. 775, Kathmandu
Contact Person(s): Sushil Raut (Station Manager) 9841227549, Dhurba Basnet (Managing Director) 9851024521, Bharat Bhurtel (Chairperson) 9841206241
Email: info@capitalfm924.com | URL: http://www.capitalfm924.com

CJMC Radio 106.0 MHz

College of Journalism and Mass Communication
Mandikharka, Mahankal VDC -4, Kathmandu (Kathmandu)
Phone(s): 01-4650565, 4650566, 4650566 (Fax)
Postal Address: G.P.O. Box: 23498, Kathmandu
Contact Person(s): Dr. Manju Mishra (Chairperson) 9841324617, Ramesh Bhattarai (Station Manager) 9841545505, Mahesh Poudel (Program Coordinator) 9841398871
Transmission Power: 100 watts | License Date: 09-02-2063, Broadcast Date: 03-15-2064

Classic FM 101.2 MHz

Classic FM Pvt. Ltd.
Jawlakhel, Lalitpur – 4 (Lalitpur)
Phone(s): 01-5555139, 5545810 (Fax) | SMS Number: 5252
Postal Address: G.P.O. Box No. 5660, Kathmandu
Contact Person(s): Dhurba Thapa (Station Manager) 9841915111, Purushottam Basnet (Admin.) 9851097551, Rakesh Lamichhane (Managing Director)
Email: classicfm101.2@hotmail.com
Transmission Power: 500 watts | License Date: 05-22-2060, Broadcast Date: 10-01-2062

Community Radio Dhankuta 92.2 MHz

Samudayik Bikashka Lagi Sanchar Nepal

Dadagaun, Dhankuta – 7 (Dhankuta)

Phone(s): 026-520596

Contact Person(s): Kul Prasad Rai (Chairperson) 9842048267, Sobish Chemjong 9842054375, Arjun Rai 9841498973

Email: radiodhankuta@yahoo.com

Transmission Power: 500 watts | License Date: 02-02-2065, Broadcast Date:

Damuli FM 94.2 MHz

Tanahun Sanchar Sahakari Sanstha Limited

Bal Mandir Chowk, Damauli – 2 (Tanahu)

Phone(s): 065-561781, 591105, 560480 (Fax)

Contact Person(s): Shanti Raman Wagle (Chairperson) 9856027460, Rishi Ram Pokhrel (Managing Director) 9846075721, Pradeep Kafle (Station Manager) 9846040432, Kamal Khanal (Kathmandu Representative) 9841455719

Email: damaulifm94.2@gmail.com, rr_pokhrel@yahoo.com

Transmission Power: 500 watts | License Date: 08-25-2063, Broadcast Date: 01-18-2065

Dhaulagiri FM 98.6 MHz

Dhaulagiri FM Pvt. Ltd.

Aawa Road, Baglung – 2 (Baglung)

Phone(s): 068-520045, 521172, 522200, 522172, 520001 (Fax)

Contact Person(s): Rajkumar Shrestha (Managing Director) 9857620101, Moharaj Sharma (Program Coordinator) 9847623364, Milan K.C (Accounts) 9847620338

Transmission Power: 250 watts | License Date: 05-04-2060, Broadcast Date: 07-27-2064

Dinesh FM 93.8 MHz

Dinesh FM Pvt. Ltd.

Main Road, Dhangadi – 4 (Kailali)

Phone(s): 091-526838, 526738, 526701 (Fax) | Postal Address: Post Box No. 33, Kailali

Contact Person(s): Ms. Amita Kunwar (Station Manager) 9858420418, Janak Raj Joshi (Director) 9858420312, Gopal Hamal (Managing Director) 9858421134, Suman Raj Subedi (Kathmandu Representative) 9851076280

Email: dineshfm938@ntc.net.np | Web: www.dineshfm.com

Transmission Power: 1000 watts | License Date: 12-27-2063, Broadcast Date: 03-19-2064

ECR FM 104.2 MHz

Yuwa Jagran Paryawaran Manch

Badagau, Godawari – 1 (Lalitpur)

Phone(s): 01-5560782, 4212787, 5560782 (Fax)

Postal Address: G.P.O. Box No. 8975, Kathmandu | SMS Number: 1556

Contact Person(s): Astaman K. Maharjan (Chairperson) 9841317504, Deepak Acharya (Director) 9841855813, Krishnahari Maharjan (Station In-Charge)

Email: ecrfm104.2mhz@hotmail.com | Web: www.yaefnepal.org

Transmission Power: 500 watts | License Date: 10-19-2058, Broadcast Date: 10-21-2060

FM Adhyatma Jyoti 104.8 MHz

FM Adhyatma Jyoti Pvt. Ltd.

Tiwari Tole, Dilli Bazaar, Kathmandu-33 (Kathmandu)

Phone(s): 01-4425401, 4442253, 4442250 (Fax)

Postal Address: G.P.O. Box: 3390, Kathmandu

Contact Person(s): Manoj Tiwari (Chairperson) 9841289820, Savyata Tiwari (Managing Director)

Email: fmaj104.8@gmail.com

Transmission Power: 100 watts | License Date: 01-19-2058, Broadcast Date: 10-20-2058

FM Mechi Tunes 96.8 MHz

Bishwanath Connection Pvt. Ltd.
Itabhatta, Mechinagar – 12 (Jhapa)
Phone(s): 023-562508, 563265, 563266, 563266 (Fax) | SMS Number: 9680
Contact Person(s): Prajwal Ghimire (Managing Director) 9852677502, Navin Koirala (Director) 9852672190
Email: prajwalghimire@yahoo.co.in
Transmission Power: 500 watts | License Date: 07-27-2063, Broadcast Date: 02-29-2064

Fulbari Community Radio 105.4 MHz

Grameen Mahila Bachat Tatha Rin Sahakari Sanstha Limited
Gramin Chowk, Lahan – 10 (Siraha)
Phone(s): 033-561015
Contact Person(s): Dr. Manjula Giri (Station Manager) 9851002015, Sunil Kumar Sah (Advisor) 9852830976, Bijay Kumar Shrestha 9852830475
Email: samagra@ntc.net.np, radiofulbari105.4@yahoo.com
Transmission Power: 100 watts | License Date: 10-04-2063, Broadcast Date: 04-19-2065

Gadimai FM 91.4 MHz

Bara Media Pvt. Ltd.
Panitanki, Birgunj – 10 (Parsa)
Phone(s): 051-529191, 529192, 532191 (Fax)
Postal Address: Post Box No. 52, Parsa
Contact Person(s): Gyanendra Raj Mishra (Program Manager) 9845034044, Roshan Subedi (Program Manager) 9845040977, Ram Chandra Pyasi Khuswaha (Chairperson) 9845040120
Email: rajshman@yahoo.com
Transmission Power: 1000 watts | License Date: 05-13-2063, Broadcast Date: 09-17-2062

Gopikrishna FM Radio Filmy 101.8 MHz

GopiKrishna Movies Pvt. Ltd.
GopiKrishna Nagar, Chabhil, Kathmandu (Kathmandu)
Email: info@radiofilmy.com | Web: www.radiofilmy.com
Transmission Power: 500 watts | License Date: 06-31-2063, Broadcast Date:

Gorkha FM 93.0 MHz

British Gorkha Media Network Pvt. Ltd.
Anamnagar, Kathmandu – 32 (Kathmandu)
Phone(s): 01-4102548, 4102546, 4102549 (Fax) | SMS Number: 3939
Postal Address: G.P.O. Box No. 13549, Kathmandu
Contact Person(s): Padam Neupane (Executive Director) 9851060770, Dipak Acharya (Program Coordinator) 9841312686, Prem Bagha (Chairperson) 9851059422, Rita Limbu 9851059353
Email: info@gorkhafm.com | Web: www.gorkhafm.com
Transmission Power: 500 watts | License Date: 06-24-2063, Broadcast Date: 12-10-2063

Hamro FM 94.0 MHz

Hamro FM Pvt. Ltd.
Parijat Tole, Bypass Road, Bharatpur – 11 (Chitwan)
Phone(s): 056 – 532997, 532996, 532998, 532999 (Fax)
Postal Address: Post Box No. 55, Chitwan
Contact Person(s): Dinesh Thapaliya (Station Manager) 9855059025, Surya Kanta Ghimire (Chairperson) 9855058994
Email: hamrofm@wlink.com.np | URL: http://www.hamroonline.com.np
Transmission Power: 2000 watts | License Date: 08-17-2063, Broadcast Date: 06-10-2064

Headlines & Music FM 97.2 MHz

Dewaki Prasaran Pvt. Ltd.

Dhobighat, Lalitpur – 3 (Lalitpur)

Phone(s): 01-5525144, 5528996, 2210835, 5528088 (Fax)

Postal Address: G.P.O. Box No. 9783, Kathmandu

Contact Person(s): Gopal K. Jha (Managing Director) 9851088950, Vishwanath P. Shah (Chairperson) 9851050644

Email: info@radiomithila.org | Web: www.radiomithila.org

Transmission Power: 500 MHz | License Date: 08-29-2063, Broadcast Date: 06-25-2064

Hetauda FM 96.6 MHz

Makwanpur Media Pvt. Ltd.

Kamal Dada, Hetauda – 4 (Makwanpur)

Phone(s): 057- 524088, 57239688, 524687 (Fax) | SMS Number: 4141

Postal Address: Post Box No. 55, Makwanpur

Contact Person(s): Sushil Pokharel (Director) 9855067530, Ujjwal Chaulagain (Station Manager)

9855067627, Manoj Sharma (Administration) 9845126177, Rammani Dahal (Kathmandu

Representative) 9845031561

Email: hetaudafm@gmail.com

Transmission Power: 500 watts | License Date: 05-04-2060, Broadcast Date: 01-24-2063

Himchuli FM 92.2 MHz

Pokhara Bahuuddhesya Sahakari Limited

Simalchaur, Pokhara - 8 (Kaski)

Phone(s): 061-539251, 533383, 539270 (Fax)

Postal Address: Post Box No. 518, Kaski

Contact Person(s): Dilip Rai (Station Manager) 9856026717, Lekh Bahadur Gurung (Chairperson)

9856021965, Kamal Nepal (Kathmandu Representative) 9841438079

Email: dilip.raihotmail.com

Transmission Power: 500 watts | License Date: 09-25-2057, Broadcast Date: 12-27-2059

Hits FM 91.2 MHz

Hits Nepal Pvt. Ltd.

Naya Baneshwor, Kathmandu (Kathmandu)

Phone(s): 01-4780534, 4780349, 4780621 (Fax) | SMS Number: 9120

Contact Person(s): Jeevan Lal Shrestha (Managing Director), Rajib Raj Bhandari (Chairperson)

Email: hitsfm@mos.com.np | Web: www.hitsfm.com.np

Transmission Power: 500 watts | License Date: 05-08-2055, Broadcast Date: 10-29-2057

Illam FM 93.0 MHz

Maipokhari Sanchar Sahakari Sanstha Limited

Sikhar Nagar, Illam – 2 (Illam)

Phone(s): 027-520769, 521482, 520769 (Fax)

Contact Person(s): Mahesh Basnet (Coordinator) 9852680273, Prem Adhikari (Station Manager)

9852680619, Lok Nath Subedi (Kathmandu Representative) 9851057509

Email: ilam_fm@yahoo.com

Transmission Power: 500 watts | License Date: 07-19-2063, Broadcast Date: 02-26-2064

Image FM 97.9 MHz & Image News 103.6 MHz

Image Channel Pvt. Ltd.

Lazimpat, Kathmandu (Kathmandu)

Phone(s): 01-4433141, 4436873, 4427262 (Fax)

Contact Person(s): Bharat Shakya (Station Manager) 9851036348, R.K. Manandhar (Managing Director)

Email: imagefm@wlink.com.np | Web: www.imagechannels.com.np

Transmission Power: 1000 watts | License Date: 11-06-2054, Broadcast Date: 10-23-2055 (Image FM 97.9), 05-29-2065 (Image News 103.6)

Relay Stations at Bhedetar (97.9), Birgunj (97.0), Bharatpur (97.9), Pokhara (97.9), Bhairahawa (97.9) and Nepalgunj (97.9)

Indreni FM 97.6 MHz

Nawa Nepal Media Network Pvt. Ltd.

Shreepur, Birgunj - 14 (Parsa)

Phone(s): 051-529798, 621398, 529997, 529998, 529464 (Fax)

Postal Address: Post Box No. 72, Parsa

Contact Person(s): Dhruva Adhikari (Station Manager), Rajendra Prasad Khanal (Chairperson)

9851042814, Manoj Poudel (Managing Director) 9855022547, Tek Prasad Chaulagain (Kathmandu

Representative) 9851023270

Email: indrenifm@gmail.com

Transmission Power: 1000 watts | License Date: 07-12-2063, Broadcast Date: 11-07-2063

Jagaran FM 90.8 MHz

Jagran Bahuudheshiya Sahakari Sanstha Limited

New Road, Birendranagar – 6 (Surkhet)

Phone(s): 083-524142, 521282 (Fax)

Contact Person: Tika Acharya (Chairperson) 9748003734, 9848025546

Email: tikaramskt@ntc.net.np

Transmission Power: 100 watts | License Date: 10-20-2064, Broadcast Date: 05-30-2065

Janaki FM 106.0 MHz

Chetna Nepal Janakpur

Devi Chowk, Janakpur – 11 (Dhanusha)

Phone(s): 041- 527430, 527431, 527432 (Fax)

Contact Person(s): Ratish Chandra Lal (Chairperson) 9851038523, Nimesha Karna Aastha (Station

Manager) 9854024259, Dhruva Shah 9854022599

Email: janakifm@yahoo.com, info@janakifm.org.np | Web: www.janakifm.org.np

Transmission Power: 500 watts | License Date: 05-25-2063, Broadcast Date: 01-17-2064

Janakpur FM 101.8 MHz

Sita Media Pvt. Ltd.

Janakpur (Dhanusha)

Phone(s): 041-520377, 522437, 527532 (Fax)

Contact Person(s): Krishna Chandra Jha (Chairperson) 9851094814, Rajesh Kumar Karna (Station

Manager) 9854020470, Karuna Paudel (News Chief) 9804840914

Transmission Power: 500 watts | License Date: 05-25-2063

Kalika FM 95.2 MHz & 91.0 MHz

Kalika FM Pvt. Ltd.

Bharatpur (Chitwan)

Phone(s): 056-527158, 527159, 527161 (Fax) | SMS Number: 4848

Postal Address: P.O. Box No. 66, Chitwan

Contact Person(s): Prakash Shyami (General Manager) 9851021865, Bikash Chandra Devkota (Station

Manager) 9855059456

Email: kalikanews@hotmail.com, kalikanews@gmail.com | Web: www.kalikafm.com.np

Transmission Power: 2000 watts | License Date: 02-23-2059, Broadcast Date: 06-26-2059

Kalinchowk FM 106.4 MHz

Ashal Shasan Samanway Samati

Chari Ghang, Bhimeshwar – 1, Charikot (Dolakha)

Phone(s): 049-421774, 421775, 421774 (Fax)
Contact Person(s): Deepak Basnet (Chairperson) 974106080, Dil Bahadur K.C. (Secretary) 9744007633, Jeewan Lama (Finance) 9844060123, Deepak Ghimire (Kathmandu Representative) 9851000556
Email: kalinchowfm@yahoo.com
Transmission Power: 100 watts | License Date: 06-31-2063, Broadcast Date: 10-01-2064

Kanchanjungha FM 92.6 MHz

Kanchanjungha FM Pvt. Ltd.
Charpane, Birtamod – 1 (Jhapa)
Phone(s): 023-542611, 543565, 542612 (Fax)
Contact Person(s): Chandra Bhandari (Managing Director) 9852672344, Deependra Poudel (Program Director) 9852672540, Poonam Limbu (Program Presenter) Niraj Poudel (Kathmandu Representative) 9851077976
Email: kanchajungha_fm@yahoo.com | Web: www.kanchanjunghafm.com
Transmission Power: 1000 watts | License Date: 12-30-2057, Broadcast Date: 06-21-2059

Kantipur FM 96.1 MHz & 101.8 MHz

Kantipur FM Pvt. Ltd.
Pulchowk, Lalitpur (Lalitpur)
Phone(s): 01-5541902, 5541903, 5522731 (Fax) | SMS Number: 9610
Postal Address: P.O. Box No. 14360
Email: kfm@kantipur.com.np | Web: www.kfm961.com
Relay Stations at Bhedetar (96.1), Birgunj (96.1), Bharatpur (96.1), Pokhara (101.8), Bhairahawa (96.1), Nepalgunj (101.8) and Dhangadi (101.8)

Keeps FM 98.3 MHz

Keeps Media Consult Pvt. Ltd.
81, Kuleshwor Aawash Chettra, Parikrama Road, Kuleshwor (Kathmandu)
Phone(s): 01-4673114 (Phone/Fax)
Contact Person: Nijjal Nyachhyon (Managing Director) 9802030423
Email: keepsfm@gmail.com
Transmission Power: 100 watts | License Date: 08-10-2063, Broadcast Date: 02-01-2065

Khadbari FM 105.8 MHz

Khadbari Bachat Tatha Rin Sahakari Limited
Buddha Tole, Khadbari – 1 (Sankhuwasabha)
Phone(s): 029-560520
Contact Person(s): Yuba Raj Shakya (Chairperson) 9852023869, Krishna Raj Shakya (Station Manager) 9842096452
Transmission Power: 100 watts | License Date: 07-30-2063, Broadcast Date: 07-11-2064

Khaptad FM 98.2 MHz

Khaptad Communication Pvt. Ltd.
Mohanpur, Geta – 7 (Kailali)
Phone(s): 091-575315, 575314, 575316 (Fax) | SMS Number: 9140
Postal Address: P.O. Box No. 21, Kailali
Contact Person(s): Uddhab Kumar Mahato (Managing Director) 9749002035, Ramesh Bhandari (Station Manager) 9749002034, Tirtha Raj Ojha (Technician) 9749002034, Tek Raj Ojha (Kathmandu Representative) 9841241830
Email: radiokhaptad@hotmail.com
Transmission Power: 500 watts | License Date: 08-07-2063, Broadcast Date: 06-09-2064

Koshi FM 94.3 MHz

Koshi FM Pvt. Ltd.

HaatKhola, Biratnagar – 11 (Morang)

Phone(s): 021-536134, 536135, 524665 (Fax) | SMS Number: 2929

Postal Address: P.O. Box. No. 246, Morang

Contact Person(s): Chaitnya Sapkota (Chairperson) 9852024199, Subol Sapkota (Station Manager) 9804015325, Ganga Sapkota (Managing Director) 9842045995

Email: connectkoshifm@yahoo.com | Web: www.mykoshifm.com

Transmission Power: 500 watts | License Date: 08-01-2056, Broadcast Date: 10-01-2057

Machhapuchhre FM 91.0 MHz

Machhapuchhre FM Pvt. Ltd.

Gairapatan, Pokhara – 4 (Kaski)

Phone(s): 061-532893, 532883, 527853 (Fax)

Postal Address: P.O. Box No. 559, Kaski

Contact Person(s): Dev Chettri (Managing Director) 9856020053, Saroj Gopal Bajracharya (Station Manager) 9856026712

Email: dev931@hotmail.com, machhapuchhrefm@hotmail.com

Transmission Power: 1000 watts | License Date: 10-20-2057, Broadcast Date: 01-01-2058

MadhyaPurwa FM 104.0 MHz

Araniko Jagran Manch

Dhulikhel Bus Park, Dhulikhel (Kavrepalanchowk)

Phone: 011-490650 (Phone/Fax)

Contact Person(s): Pradip K.C. (Chairperson) 9841460821, RamKrishna Banjara (Station Incharge) 9841346318, Ishwori Rajkumar Mainali (Administration) 9841320451

Email: madhyapurwa@yahoo.com, mpfm@yahoo.com

Transmission Power: 100 watts | License Date: 02-20-2064, Broadcast Date: 03-15-2065

Madi Seti FM 105.8 MHz

Bikash Manch Nepal

Safa Sadak, Byash - 11 (Tanahun)

Phone(s)(s): 065-561295, 01-4355761, 065-561295 (Fax)

Contact Person(s): Ashok Kumar Shrestha (Chairperson) 9856023654, Sarada Poudel (Program Cordinator) 9841759039, Krishna Hari Gaire (Station Manager) 9846020101, Omkar Acharya (News)

Email: foden2058@yahoo.com

Transmission Power: 100 watts | License Date: 07-26-2063, Broadcast Date: 12-27-2064

Maitri FM 99.4 MHz

Bhassara Vision Pvt. Ltd.

Lampati, Kalimati, Kathmandu – 14 (Kathmandu)

Phone(s): 01-4272615, 4672500, 4672294 (Fax) | SMS Number: 9940

Postal Address: G.P.O. Box No. 4445, Kathmandu

Contact Person(s): Ajay Kranti Shakya (Managing Director) 9851048465, Tek Raj Giri 9841324169

Email: maitrifm@enet.com.np | Web: www.maitrifm.org

Transmission Power: 500 watts | License Date: 06-10-2063, Broadcast Date: 01-19-2064

Metro FM 94.6 MHz

Kathmandu Metropolitan Corporation

Goswara Marg, Kalikasthan, Kathmandu – 32 (Kathmandu)

Phone(s): 01-4231481, 4441246, 4441247, 4441248 (Fax)

Postal Address: G.P.O. Box No. 299, Kathmandu

Contact Person(s): Dinesh Sharma (Station Manager) 9841539862

Transmission Power: 500 watts | License Date: 11-25-2054, Broadcast Date: 01-01-2056

Mitthilanchal FM 105.0 MHz

Mithilanchal FM Pvt. Ltd.

Janakpur (Dhanusha)

Phone(s): 041-527506, 527505, 527506 (Fax)

Contact Person(s): Vikash K. Shah 9844026574, Mukesh Dube (Chairperson) 9801600145, Santosh Sharma 9854024370

Email: mfm105@gmail.com

Transmission Power: 100 watts | License Date: 07-202063

Namaste FM 107.2 MHz

Purwanchal Media Pvt. Ltd.

Itahari West Line, Itahari – 1 (Sunsari)

Phone(s): 025-586941, 586942, 586943 (Fax)

Postal Address: P.O. Box No. 111, Sunsari

Contact Person(s): Chetan Dhamala (Station Manager) 9842060395, Chiranjibi Regmi (Program Director) 9842035580, Gopal Bahadur Thapa (Managing Director) 9852021417

Email: namastefm@gmail.com

Transmission Power: 1000 watts | License Date: 09-29-2064, Broadcast Date: 01-11-2065

Narayani FM 103.8 MHz

SashaktikaranKa Lagi Anusandhan, Chetna Ra Sanchar Nepal

Shreepur, Birgunj – 14 (Parsa)

Phone(s): 051-520288, 520388, 520588, 520788 (Fax)

Postal Address: P.O.Box No. 23, Parsa

Contact Person(s): Govinda Devkota (Chief Exective Officer) 9855020745, K.C. Lamichanne (Director) 98550204947, Bijay Sarawagi (Chairperson) 9855021088

Email: narayanifm@ntc.net.np, narayanifm@wlink.com.np

Transmission Power: 500 watts | License Date: 05-08-2063, Broadcast Date: 07-23-2063

National FM 90.4 MHz

Manakamana FM Pvt. Ltd.

Lamsure Height, Hetauda – 9 (Makwanpur)

Phone(s): 057-522055, 523929, 522055 (Fax)

Postal Address: P.O. Box No. 41, Makwanpur

Contact Person(s): Kumar Adhikari (Station Manager) 9845027254, Deepak Adhikari (Managing Director) 9845027669, Puroshattam Agrawal (Chairperson)

Email: fmnational@gmail.com

Transmission Power: 500 watts | License Date: 05-13-2063, Broadcast Date: 08-16-2063

Nepal FM 91.8 MHz

Rainbow FM Pvt. Ltd.

Rabi Bhawan, Kathmandu

Phone(s): 01-4289123, 4289121, 4302395, 4283895 (Fax)

Contact Person(s): Hem Bahadur Bista (Chairperson), Bishnu Hari Dhakal (Managing Director)

9851090591, Surendra Lamichhane (Administration) 9841815705

Email: radio@nepal_fm_network.com | Web: www.nepal_fm_network.com

Transmission Power: 1000 watts | License Date: 06-02-2060, Broadcast Date: 08-18-2061

NepaliKo Radio 88.8 MHz

NepaliKo Media Pvt. Ltd.

Gathhagar, Madhyapur – 12 (Bhaktapur)

Phone(s): 01-6633885, 4600570 (Fax) | SMS Number: 6969

Postal Address: G.P.O. Box No. 19192, Kathmandu

Contact Person(s): Santosh Bhattarai (Managing Director) 9851039455, Rupa Bista 9841349353

Transmission Power: 500 watts | License Date: 11-14-2064, Broadcast Date:

Nilgiri FM 105.4 MHz

Dhaulagiri FM Pvt. Ltd.

Aawa Road, Baglung – 2 (Baglung)

Phone(s): 068-520045, 521172, 522200, 522172, 520001 (Fax)

Contact Person(s): Rajkumar Shrestha (Managing Director) 9857620101, Moharaj Sharma (Program Coordinator) 9847623364, Milan K.C (Accounts) 9847620338

Transmission Power: 100 watts | License Date: 11-23-2063, Broadcast Date: 01-01-2064

PapPal Ko Saathi Indreni FM 92.4 MHz

Indreni FM Pvt. Ltd.

Ghorahi, Tribhuwannagar – 10 (Dang)

Phone(s): 082-561538, 562195, 562195, 561539 (Fax) | SMS Number: 5353

Contact Person(s): Bhimkanta Sharma Acharya (Managing Director) 9857830741, Arjun K. Budathoki (Chairperson) 9857830228, Pragyan Neupane (Kathmandu Representative) 9851055992

Email: indrenifmdang@gmail.com

Transmission Power: 2000 watts | License Date: 01-16-2064, Broadcast Date: 06-06-2064

Pathibhara FM 93.6 MHz

Pathibhara FM Pvt. Ltd.

Bhrikuti Chowk, Damak – 10 (Jhapa)

Phone(s): 023-584604, 584605, 584606, 584607 (Fax)

Contact Person(s): Sudip Panta (Chairperson) 9852670236, Rajendra P. Chaulagain (Managing Director) 9852670155, Umesh Raut (Marketing Manager) 9852671580

Email: marketing@pathibharafm.com | Web: www.pathibharafm.com

Transmission Power: 1000 watts | License Date: 06-26-2063, Broadcast Date: 09-05-2063

Phoolbari FM 100.6 MHz

Phoolbari FM Pvt. Ltd.

Santoshi Tole, Gulariya – 6 (Bardiya)

Phone(s): 084-420428

Contact Person(s): Resham Chaudary (Managing Director) 9741052524, Ranjita Shrestha (Station Manager) 9741066061, Mithu Chaudhary (Technician) 9841246421

Email: phoolbarifm@gmail.com | Web: www.phoolbarifm.com

Transmission Power: 100 watts | License Date: 05-13-2064, Broadcast Date: 08-15-2064

Phoolbari FM 93.2 MHz

Phoolbari FM Pvt. Ltd.

Phoolbari Tole, Block No.13, Tikapur – 9 (Kailali)

Phone(s): 091-560351, 560496, 691805, 560496 (Fax)

Contact Person(s): Resham Chaudary (Managing Director) 9741052524, Ranjita Shrestha (Station Manager) 9741066061, Govinda Roshyra 9841867214, Mitthu Chaudhary 9841246421

Email: phoolbarifm@gmail.com | Web: www.phoolbarifm.com

Transmission Power: 2,000 watts | License Date: 07-28-2063, Broadcast Date: 12-24-2063

Pokhara FM 95.8 MHz

Pokhara FM Pvt. Ltd.

Chipledhunga, Pokhara – 9 (Kaski)

Phone(s): 061-532583, 533131 (Fax)

Postal Address: P. O. Box No. 151, Kaski

Amrit Subarnakar (Station Manager) 9846026557, Uttam Man Buddhacharya (Managing Director) 9856020115, Pritam Man Buddhacharya 9856020637

Email: pkrfm958@hotmail.com | Web: www.pokharafm.com.np

Transmission Power: 250 watts | License Date: 10-20-2057, Broadcast Date: 01-24-2058

Pratidhwani FM 97.0 MHz

Pratidhwani Media Pvt. Ltd.

Daman Tower, Daman – 7 (Makwanpur)

Phone(s): 057-620466, 620477, 621488 (Fax) | SMS Number: 4433

Contact Person(s): Deepak Hamal (Station Coordinator) 9841504450, Surendra Pradhan (Program Coordinator) 9845072019, Baikuntha Dhakal (News Coordinator) 9845072022, Ram Bahadur Basnet (Kathmandu Representative) 9845025711

Email: news.97fm@gmail.com

Transmission Power: 1000 watts | License Date: 05-13-2063, Broadcast Date: 08-29-2063

Radio AandhiKhola 105.4 MHz

Aandhikhola Sanchar Sahakari Limited

Ghyangling, Waling – 4 (Syangja)

Phone(s): 063-4440285, 063-440038, 061-690835, 063-440038 (Fax)

Contact Person(s): Resham Lal Koirala (Chairperson) 9856028006, Guman Singh Rana (Station Manager) 9856027868, Yam Prasad Pandey (Station Coordinator) 9846071433, Din Bandhu Parajuli (Kathmandu Representative) 9841497583

Email: aandhikholafr@yahoo.com, grindurana@yahoo.com

Transmission Power: 250 watts | License Date: 07-28-2063, Broadcast Date: 08-06-2064

Radio ABC 89.8 MHz

Chetana Nepal (Araniko Broadcasting Community Radio)

Thula Chowk, Banepa – 10 (Kavre)

Phone(s): 011-663399, 663049, 660360 (Fax)

Contact Person(s): Madhusudan Guragain (Director) 9851016465, Rajan Luintel (Managing Director) 9841484185, Tara Nath Dahal (Chairperson) 9851092009

Email: abcradio@ntc.net.np | Web: www.abcradio.org.np

Transmission Power: 500 watts | License Date: 10-12-2063, Broadcast Date: 07-18-2064

Radio Annapurna 93.4 MHz

Annapurna FM Pvt. Ltd.

Gairapatan, Pokhara – 4 (Kaski)

Phone(s): 061-532877, 533177, 540040, 539939, 532891 (Fax) | SMS Number: 6161

Postal Address: P.O. Box. No. 61, Kaski

Contact Person(s): Deependra Shrestha (Station Manager) 9856026845, Shiva Lal Malla (Managing Director) 9856020166, Madhav Prasad Baral (News) 9846051451

Email: afm@pinet.com.np | Web: www.radioannapurna.com.np

Transmission Power: 1000 watts | License Date: 07-13-2057, Broadcast Date: 01-13-2058

Radio Appan Mithila 106.6 MHz

Grameen Samudayik Bikash Sewa Parishad

Main Road, Jaleswor – 5 (Mahottari)

Phone(s): 041-521063, 521061, 521062, 521061 (Fax)

Contact Person(s): Hari Prasad Mandal (Station Manager) 9844031928, Ram Adhar Kapad (Managing Director) 9851012330, Gyanendra Karna (Director) 9804838968, Sangita Gyawali (Kathmandu Representative) 9841511077

Email: radioappanmithila@gmail.com

Transmission Power: 250 watts | License Date: 01-07-2064, Broadcast Date: 05-01-2064

Radio Audio 106.3 MHz

Radio Audio Pvt. Ltd.

Omkar Building, Naya Baneshwor, Kathmandu – 10 (Kathmandu)

Phone(s): 01-4781571, 4784414, 4783879 (Fax) | SMS Number: 3366

Postal Address: 14469, Kathmandu

Contact Person(s): Deependra Khaniya (Managing Director) 9851081610, Shree Prasad Thapa (Program Coordinator) 9851067523
Email: info@radioaudio.org | Web: www.radioaudio.org
Transmission Power: 100 watts | License Date: 06-31-2063, Broadcast Date: 10-21-2064

Radio Bageshwari 94.6 MHz

Radio Bageshwari FM Pvt. Ltd.
Fultekra, Nepalgunj – 5 (Banke)
Phone(s): 081-526391, 521369, 523482 (Fax) | Postal Address: P.O. Box. No. 60, Banke
Contact Person(s): Kiran Bahadur Shah (Chairperson) 9748001576, Sameer Shrestha (Assistant Station Manager) 9848024624, O.P. Shreewastav (Admin.) 9748007346, Leknath Poudel (Kathmandu Representative) 9841556972
Transmission Power: 1000 watts | License Date: 06-09-2060, Broadcast Date: 06-26-2061

Radio Bajura 104.0 MHz

Nepal Bal Tatha Mahila Sikshya Sahakarya
Dadagaun, Martadi – 5 (Bajura)
Phone(s): 097-541072, 541113, 680049, 541113 (Fax)
Contact Person(s): Lal Bahadur Oli (Chairperson) 9741055759, Tularam Jaisi (Station Manager) 9741069025, Sher Bahadur Oli 9848024428, Nepalgunj Office 081-526934
Email: radiobajura@gmail.com, peacewin_bjr@ntc.net.np | Web: www.peacewin.org.np
Transmission Power: 100 watts | License Date: 07-24-2063, Broadcast Date: 12-04-2064

Radio Barahi FM 99.2 MHz

Barahi Prasharan Pvt. Ltd.
Rastra Bank Chowk, Pokhara – 17 (Kaski)
Phone(s): 061-463222, 462655, 464755, 465155, 463755 (Fax) | SMS Number: 2992
Postal Address: P.O. Box No. 16, Kaski
Contact Person(s): Gangadhar Parajuli (Executive Director) 9856022332, Sunil Gosali (Chairperson) 9856020015, Amit Rijal (Program Coordinator) 9846025620
Email: radiobarahi@wlink.com.np, gangajuli@gmail.com
Transmission Power: 1000 watts | License Date: 08-21-2063, Broadcast Date: 07-29-2064

Radio Bhek Aawaj 101.2 MHz

Naya Karnali Bikash Kendra
Okhle, Mabu, Odanako - 9 (Kalikot)
Phone(s): 083-620159, 652568 (Fax)
Contact Person(s): Kashi Baral (Station Manager) 9748003638, J.B Sunar (Program Coordinator) 9848025745, Parek Shahi (Kathmandu Representative) 9851107414
Email: kashibaral@yahoo.com
Transmission Power: 100 watts | License Date: 06-09-2064, Broadcast Date: 06-25-2064

Radio Bheri Aawaj 95.6 MHz

Manavtabad Aanusandhan Kendra
Karkando Chowk, Khaskarkando – 5 (Banke)
Phone(s): 081-550739, 550392, 551017 (Fax)
Postal Address: P.O. Box No. 10, Banke
Contact Person(s): Tara Khanal (Chairperson) 9848021873, Ashok Bista (Secretary) 9848028923, Hemanta B.K. (Station Manager) 9848028923, Dipak Dhakal (Kathmandu Representative) 9841355198
Email: reach2056@yahoo.com
Transmission Power: 250 watts | License Date: 08-16-2060, Broadcast Date: 05-27-2061

Radio Bheri FM 98.6 MHz

Bheri BahuUddheshya Sahakari Sanstha Limited
Ghantaghar, Birendranagar – 6 (Surkhet) | (Transmission from Harre, Surkhet)
Phone(s): 083-522445, 523445 (Fax)
Contact Person(s): Narayan Koirala (Station Manager) 9858050011, Keshav Koirala (Marketing) 9858050333, Suman Poudel (Kathmandu Representative) 9841308851
Email: radiobheri@yahoo.com
Transmission Power: 500 watts | License Date: 05-30-2060, Broadcast Date: 01-14-2061

Radio Birgunj 99.0 MHz

Parsa FM Pvt. Ltd.
Murli Bagaicha, Birgunj – 15 (Parsa)
Phone(s): 051- 527363, 528299, 528599, 525099, 527338 (Fax)
Postal Address: P.O. Box No. 55, Parsa
Contact Person(s): Ranjib Parajuli (Managing Director) 985502943, Santosh Devkota (Chief Technician) 9845025239, Rajiv Parajuli (Chairperson) 9851034734, Mukesh Singh 9804237437
Email: radiobir@wlink.com.np
Transmission Power: 1000 watts | License Date: 05-08-2060, Broadcast Date: 08-27-2060

Radio Chitwan 94.6 MHz

Chitwan Samudayik Sanchar Sahakari Limited
Tandi, Ratnanagar – 2 (Chitwan)
Phone(s): 056-562567, 653050, 562566 (Fax)
Contact Person(s): Narayan Ban (Chairperson) 9845056956, Ram Kumar Tiwari (Business Manager) 9855058903, Krishna Giri (Station Manager) 9845023236, Pratap Dallakoti (Admin) 9845055203
Email: radiochitwan@gmail.com
Transmission Power: 1000 watts | License Date: 02-17-2064, Broadcast Date: 02-01-2065

Radio City FM 98.8 MHz

National Broadcasting Pvt. Ltd.
Anamnagar, Kathmandu - 32 (Kathmandu)
Phone(s): 01-4233384, 4232455 (Fax) | SMS Number(s): 9898 (NT), 2988 (MM)
Postal Address: G.P.O. Box No. 23998, Kathmandu
Contact Person(s): Ajay Bista (Managing Director) 9851035112, Rupa Bimal (Program Director)
Email: bajay@radiocity.com.np | Web: www.radiocity.com.np
Transmission Power: 500 watts | License Date: 05-10-2060, Broadcast Date: 01-01-2061

Radio Deukhuri 105.8 MHz

Chaulahi Sahakari Sanstha Limited
Lamahi, Chaulahi – 2 (Dang)
Phone(s): 082-540019, 540440, 540285 (Fax)
Contact Person(s): Chiranjivi Aryal (Managing Director) 9858050077, MurariKumar Sharma (Chairperson) 9841540447, Padam Subedi (Station Manager) 9841540448
Email: radiodeukhuri@yahoo.com
Broadcast Date: 100 watts | License Date: 05-18-2063, Broadcast Date: 01-22-2064

Radio Dhading 106.0 MHz

Grameen Sanchar Sahakari Sansthan Limited
Puchhar Bazaar, Nilkantha – 5 (Dhading)
Phone(s): 010-520960, 520961, 520961 (Fax)
Contact Person(s): Suasvh Khatiwada (Station Manager) 9841349074, Rajendra Prasad Pandey (Chairperson) 9851029201, Gopal Tiwari (Vice Chairperson) 9841588222
Email: radiodhading@gmail.com
Transmission Power: 500 watts | License Date: 06-12-2063, Broadcast Date: 05-20-2064

Radio Dudhkoshi 94.6 MHz

Sagarmatha Ekikrit Bikash Kendra

Salleri – 5 (Solukhumbu)

Phone(s): 038-520349, 520350, 520351, 520349 (Fax)

Contact Person(s): Reena Upreti (Chairperson) 9741000202, Puspa Shrestha (Station Manager)

9741143265, Binod Basnet (Secretary) 9741055569, Binod Basnet (Kathmandu Representative)

9741055569

Email: reenaupretykc@gmail.com | Web: www.sidc.org.np

Transmission Power: 500 watts | License Date: 04-16-2064, Broadcast Date: 09-09-2064

Radio Fikkal 90.6 MHz

Radio Fikkal Pvt. Ltd.

Sanchar Gau, Ramfok, Fikkal - 5 (Ilam)

Phone(s): 027-540188, 540477 (Fax)

Contact Person(s): Ganesh Rasik (Managing Director) 9851101924

Email: radiofikkal_90.6mhz@yahoo.com

Transmission Power: 500 watts | License Date: 07-23-2063, Broadcast Date: 09-17-2064

Radio Ganatantra Rapti FM 95.1 MHz

Shanti Pariwartan Sanchar Sahakari Sanstha Limited

Gogali, Laxmipur – 4 (Dang)

Phone(s): 082-562478, 561279 (Fax)

Contact Person(s): Prakash Kumar Sharma (Chairperson) 085-60995, Mausam Rokka Magar

(Managing Director) 9857830024

Email: radiogatantra@gmail.com

Transmission Power: 100 watts | License Date: 02-30-2064, Broadcast Date: 05-01-2064

Radio Gandaki 90.6 MHz

Community Communication Center

Naya Bazar, Pokhara – 9 (Kaski)

Phone(s): 061-527103, 527105 (Fax)

Contact Person(s): Laxman Gurung (Chairperson) 9846036744, Lok Prasad Banjara (Managing

Director) 9846070332

Email: radiogandaki@yahoo.com

Transmission Power: 1000 watts | License Date: 06-06-2064, Broadcast Date: 11-19-2064

Radio Ghodaghodi FM 100.4 MHz

Backward Society Education (BASE)

Mahendranagar Road, Attariya, Geta – 3 (Kailali)

Phone(s): 091-550711, 550711 (Fax)

Contact Person(s): Dhurba B. Shah (Managing Director) 9741114811, Masravir Chaudhary (Station

Manager) 9848421096, Ram Das Chaudhary (Chairperson) 9858420695, Kamal Nepal 9841438079

Email: dangbase@mail.com.np, ggfmkailali@gmail.com

Transmission Power: 250 watts | License Date: 06-09-2060, Broadcast Date: 05-26-2061

Radio Gorkha 92.8 MHz

Gorkha Bikash Tatha Sanchar Kendra

SatiPeepal, Prithivinarayan – 4 (Gorkha)

Phone(s): 064-420727, 421333, 421390, 420727 (Fax)

Contact Person(s): Kishor Jung Thapa (Station Manager) 9846042655, Ishwor Kaji Maskey (Tres.)

9846042721, Sital Kaji Maskey (Chairperson) 9856023580, Sambhu Adhikari (Kathmandu

Representative) 9851077965

Email: gorkhadiary@gmail.com

Transmission Power: 500 watts | License Date: 10-23-2063, Broadcast Date: 04-05-2064

Radio Gurbaba 106.4 MHz

Prachin Srijanshil Aadiwashi Samaj
BanshGadi, Motipur – 8 (Bardiya)
Phone(s): 084-690407

Contact Person(s): Ekraj Chaudhary (Chairperson) 9748007751, Puspa Chaudhary (Station Manager) 9848423571, Laxman Das Chaudhary (Technician) 9848024349

Email: nmcnpj@wlink.com.np

Transmission Power: 100 watts | License Date: 10-18-2063, Broadcast Date: 03-12-2065

Radio Jagran 93.6 MHz

Jagran Media Center
Kalika Path, Butwal (Rupandehi)
Phone(s): 071-551068, 540051, 546906 (Fax)

Contact Person(s): Rem B.K. (Program Coordinator), Chiran Baral (Station Coordinator)

Email: radiojagran@jagranmedia.org.np | Web: www.jagranmedia.org.np

Transmission Power: 500 watts | License Date: 10-17-2063, Broadcast Date:

Radio Jana Aawaj 97.3 MHz

Naya Nepal Sanchar Sahakari Sanstha Ltd.
Puspapal Chowk, Nepalgunj – 2 (Banke)
Phone(s): 081-527300, 527301 (Fax)

Contact Person(s): Devi Ram Devkota (Station Manager) 9748003178, Neelam Arshi (Program Coordinator) 9748013303, C.P. Lamsal (Chairperson) 9848023343

Email: radiojanaawaj@gmail.com

Transmission Power: 1000 watts | License Date: 04-22-2064, Broadcast Date: 04-01-6034

Radio Janakpur 97.0 MHz

Samaj Sewa Yuwa Kendra
Pidari Chowk, Janakpur – 8 (Dhanusha)
Phone(s): 041-527346, 524573, 524847 (Fax)

Postal Address: P.O. Box No. 51, Dhanusha

Contact Person(s): Sheetal Shah (Chairperson) 9854021266, Mahendra Malangia (Station Manager), Pramod Sah (Managing Director) 9844020050

Email: radiojanakpur@ntc.net.np | Web: www.radiojanakpur.org

Transmission Power: 500 watts | License Date: 05-19-2063, Broadcast Date: 07-11-2063

Radio Kailash 103.4 MHz

Snowland Ekikrit Bikash Kendra
Kharpunath, Simikot (Humla)
Phone: 087-680166

Contact Person(s): Jiwan Shahi (Program Coordinator) 9851042576

Transmission Power: 50 watts | License Date: 05-25-2063, Broadcast Date: 02-13-2065

Radio Kalalpani FM 102.2 MHz

Kalapani Samudayik Samachar Kendra
Chappari, Chappari VDC - 6 (Darchula)
Phone(s): 093 – 690431, 463017, 420127 (Fax)

Contact Person(s): Naresh Prasad Joshi (Chairperson) 9741056343, Tilak Joshi (Program Coordinator) 9841838714, Dendendra Prakash Joshi (Kathmandu Representative) 9851076966

Transmission Power: 100 watts | License Date: 12-20-2063, Broadcast Date: 04-03-2065

Radio Karnali FM 105.2 MHz

Karnali Integrated Rural Development And Research Center Nepal
Bijayanagar, Mahat VDC – 2, Jumla (Jumla)
Phone(s): 087-520185, 01-5530344, 01- 5530279, 01-5549093 (Fax)

Postal Address: G.P.O. Box No. 20842, Kathmandu
Contact Person(s): Kusendra Mahat (Executive Director) 9851075645, Min Bahadur Shahi
(Chairperson) 9851077623, Gorakh Thapa 9841507239
Email: rkfm105.2@gmail.com, mshahi@gmail.com | Web: www.kirdarc.org
Transmission Power: 250 watts | License Date: 05-09-2060, Broadcast Date: 03-03-2061

Radio Kohalpur 101.2 MHz

SamudayaKa Lagi Sanchar
Peepal Chautara, Kohalpur – 3 (Banke)
Phone(s): 081- 541361, 541360, 541361 (Fax)
Contact Person(s): Prem K.C. (Station Manager) 9858022656, Chandra Khanal (Board Director)
9858020035, Bhanubhakta Bhattarai (Chairperson) 9848027193, Arjun Chalise (Kathmandu
Representative) 9841689174
Email: nashk_ac@yahoo.com kohalpurfm@yahoo.com
Transmission Power: 500 watts | License Date: 09-07-2063, Broadcast Date: 10-19-2064

Radio Loktranta 89.4 MHz

Samudayik Sanchar Tatha Bikash Kendra
Sugam Tole, Nilkantha – 5 (Dhading)
Phone(s): 010-520271, 520994, 520209 (Fax)
Contact Person(s): Deepak Koirala (Station Manager) 9841517037
Email: radioloktantra@gmail.com
Transmission Power: 500 watts | License Date: 12-30-2063, Broadcast Date: 07-01-2064

Radio Lumbini 96.8 MHz

Lumbini Suchana Tatha Sanchar Sahakari Limited
AnandaBan VDC, Manigram (Rupandehi)
Phone(s): 071-561003, 562014, 561545 (Fax)
Contact Person(s): Mohan Chapagain (Station Manager) 9857021110, Deepak Koirala (Administration)
9857022118, Krishna K.C. (Technical Manager) 9747010531
Email: mohanchapagain@gmail.com
Transmission Power: 500 watts | License Date: 09-20-2055

Radio MadanPokhara 106.9 MHz

MadanPokhara Village Development Committee
MadanPokhara (Palpa)
Phone(s): 075-521405, 520866, 520655 (Fax)
Contact Person(s): Gunakar Aryal (Station Manager) 9847052842, Somnath Aryal (Program
Coordinator), Rajesh Aryal (Program Chief) 9857060202
Email: radiomadanpokharafm@ntc.net.np | Web: www.community-radio-madanpokhara.org
Transmission Power: 500 watts | License Date: 09-18-2055

Radio Madhya Bindu FM 101.0 MHz

Samudayik Sachetna Tatha Sanchar Prathisthan
Campus Chowk. Kawasoti – 5 (Nawalparasi)
Phone(s): 078-540613, 540614, 540615 (Fax)
Contact Person(s): Digraman Shrestha (Chairperson) 9851006852, Milan Lamichhane (Executive
Director) 9857028358
Email: radiomidpoint@gmail.com
Transmission Power: 500 watts | License Date: 02-14-2065, Broadcast Date: 06-01-2065

Radio Madhya Paschim 91.4 MHz

Dang Suchan Tatha Sanchar Sahakari Sanstha Limited
Sahid Umesh Marg, Ghorahi – 11 (Dang)
Phone(s): 082-560854, 560916, 561590, 560916 (Fax)

Contact Person(s): Tikaram Udashi (Managing Director) 9857830270, Narayan Prasad Sharma (Chairperson) 9841587077, Bishnu Adhikari (Chief Technician) 9847826344, Kamal Gaule (Kathmandu Representative) 9841258719
Email: radiomp@ntc.net.np, radiomp@gmail.com
Transmission Power: 1000 watts | License Date: 05-20-2063, Broadcast Date: 09-28-2063

Radio Mahakali 96.2 MHz

Paschim Nepal Press Academy
Campus Road, Mahendranagar – 18 (Kanchanpur)
Phone(s): 099-522114, 525005 (Fax)
Contact Person(s): Nitu Baduwal (Assistant Station Manager) 9848722872, Khem Bhandari (Executive Director) 9858750235
Email: radiomahakali@gmail.com
Transmission Power: 500 watts | License Date: 06-29-2063, Broadcast Date: 12-24-2063

Radio Mandawi 97.0 MHz

Grameen Samudayik Sanchar Kendra
Mallarani, Khalanga – 5 (Pyuthan)
Phone(s): 086-420122, 420212, 420213, 420213 (Fax)
Contact Person(s): Megraj Bhatra (Chairperson) 9847821996, Deepak Bhandari (Program Coordinator) 9847820140, Hem K.C. (Station Manager) 9847820153
Email: radiomandavi@yahoo.com, deepak_press@yahoo.com
Transmission Power: 250 watts | License Date: 10-21-2063, Broadcast Date: 05-24-2064

Radio Marsyangdi 95.0 MHz

Samudayik Bikash Tatha Sanchar Kendra
Triveni Tole, Besisahar – 4 (Lamjung)
Phone(s): 066- 520020, 520547, 520020 (Fax)
Contact Person(s): Dhan Gurung (Station Manager) 9846074172, Ramji Bhattarai (Director) 9851061507, Gham Prasad Gurnug (Kathmandu Representative) 9741046136
Email: radiomarsyangdi95@gmail.com, ccdd.lamjung@gmail.com
Transmission Power: 500 watts | License Date: 05-20-2063, Broadcast Date: 01-01-2064

Radio Menchayayem 102.6 MHz

Menchayayem Sanchar Sahakari Sanstha Limited
Myanglung (Terathum)
Contact Person(s): Ramala Limbu (Station Manager) 9842064907, Bhupati Lal Shrestha (Station Coordinator) 9852045395, Leela Limbu (Business Manager) 9851016732
Email: mradio@yahoo.com
Transmission Power: 100 watts | License Date: 09-10-2063, Broadcast Date:

Radio Mirmire 89.4 MHz

MechiKali Sanchar Pvt. Ltd.
Anamnagar, Kathmandu – 32 (Kathmandu)
Phone(s): 01-4770546, 4771228, 4770136, 4770058 (Fax)
Postal Address: G.P.O. Box: 26165, Kathmandu
Contact Person(s): Bishnu Sapkota (Station Manager) 9851018581, Pushkar Shrestha (Chairperson)
Email: radiomirmire@gmail.com
Transmission Power: 500 watts | License Date: 11-12-2064, Broadcast Date: 12-28-2064

Radio Mithila 100.8 MHz

Dewaki Prasaran Pvt. Ltd.
Bhanu Chowk, Janakpur – 1 (Dhanusha)
Phone(s): 041-5525144, 5528996, 2210835, 5527059, 5528088 (Fax)
Postal Address: P.O. Box No. 16, Dhanusha

Contact Person(s): Rajesh K. Singh (Station Manager) 9854024000, Gopal K. Jha (Managing Director) 9851088950, Vishwanath P. Shah (Chairperson) 9851050644
Email: jhagopal@gmail.com | Web: www.radiomithila.org
Transmission Power: 1000 watts | License Date: 05-13-2063, Broadcast Date: 08-01-2063

Radio Muktinath FM 90.8 MHz

Palpa Sanchar Sahakari Limited
Tansen (Palpa)
Phone(s): 075-521663, 521735, 521736 (Fax)
Contact Person(s): Dul Bahdaur Kunwar (Station Coordinator) 9847028835
Email: muktinath.fm@gmail.com
Transmission Power: 500 watts | License Date: 06-28-2060

Radio Myagdi 104.4 MHz

Grameen Samudayik Bikash Manch
Campus Chowk, Arthunge – 1 (Myagdi)
Phone(s): 069-520795, 520795 (Fax)
Contact Person(s): Yam Kumari K.C. (Chairperson) 9847627712, Prakash Lamichanne (Station Manager) 9841033101, Chiranjibi Sharma (Station Coordinator) 9857640201, Deep Sandyal (Kathmandu Representative) 9851085796
Email: prakash_lamichhane@hotmail.com
Transmission Power: 100 watts | License Date: 11-13-2064, Broadcast Date: 04-15-2065

Radio Namobuddha 106.7 MHz

Jugal Association Nepal
Devithan Dada, Kavre – 7 (Kavre)
Phone(s): 011-490618, 490619 (Fax)
Postal Address: P.O. Box No. 4, Dhulikhel
Contact Person(s): Jagat Dong (Station Manager) 9851054104, Phulman Bal (Chairperson) 9851006297, Bhakta Syantan (Program Coordinator) 9841465646
Email: radionamobuddha@gmail.com
Transmission Power: 100 watts | License Date: 06-12-2063, Broadcast Date: 03-07-2064

Radio Nepalbani FM 94.9 MHz

Ilam Samudayik Sanchar Kendra
Mala Path, Ilam – 2 (Ilam)
Phone(s): 027-521507, 521699, 521699 (Fax)
Contact Person(s): Pradip Ghimire (Chairperson) 9851097616, Somnath Suseli (Station Manager) 9852680203, Dharma Gautam (Program Coordinator) 9742600489
Email: r.nepalbani@gmail.com, pradip.freedom@gmail.com
Transmission Power: 1000 MHz | License Date: 11-29-2063, Broadcast Date: 10-16-2064

Radio Palung FM 107.2 MHz

Palung BahuUddheshya Sahakari Santha (Samudaik Sanchar Kendra)
Aangare, Palung – 4 (Makwanpur)
Phone(s): 057-620161, 620155 (Fax)
Contact Person(s): Sambhu Karki (Managing Director) 9845072077, Kumar Negi (Station Manager) 9845072021
Email: radiopalung@ntc.net.np
Transmission Power: 250 watts | License Date: 06-02-2060, Broadcast Date: 03-21-2061

Radio PanchaKoshi 104.0 MHz

PanchaKoshi Samudayik Sanchar Kendra
KadaChaur, Narayan – 6 (Dailekh)
Phone(s): 089-420222, 690355, 420210 (Fax)

Contact Person(s): Harihar Singh Rathor (Station Manager) 9848044033, Dil Bahdur Sahi (Managing Director) 9741043903, Tek Bahadur B.K. (Chairperson) 9848054989
Email: fmdailekh104@gmail.com
Transmission Power: 100 watts | License Date: 05-20-2063, Broadcast Date: 08-01-2064

Radio Parasi 90.2 MHz

Parasi Suchana Tatha Sanchar Sahakari Ltd.
Ramgram, Parasi – 3 (Nawalparasi)
Phone(s): 078-521045, 521046, 521045 (Fax)
Contact Person(s): Suman Gopal Acharya (Chairperson) 9857027040, Megh Raj Gautam (Managing Director) 9847025694, Rajkumnar Reshmi (Vice Chairperson) 9847021703
Email: radio_parasi@yahoo.com
Transmission Power: 500 watts | License Date: 10-24-2064, Broadcast Date: 02-03-2065

Radio Parbat 103.6 MHz

Grameen Bikash SaChetan Samaj
Bidhyalaya Marg, Khanigau – 2 (Parbat)
Phone(s): 067-690393, 421101, 421101 (Fax)
Contact Person(s): Bholanath Sharma (Chairperson) 9741145688, Krishna Kunwar (Station Manager) 9803459908, Devendra Sharma (Technician) 9847632652, Yubanath Lamsal (Kathmandu Representative) 9851072754
Email: radioparbat@yahoo.com
Transmission Power: 100 watts | License Date: 08-25-2063, Broadcast Date: 09-14-2064

Radio Paschimanchal 99.4 MHz

Radio Paschimanchal FM Company Pvt. Ltd.
Hotel Shreenagar, Kailashnagar, Tansen (Palpa)
Phone(s): 075-521725, 521726, 521658 (Fax)
Contact Person(s): Krishna Subedi (Station Manager) 9857027623
Email: paschimanchal.fm@gmail.com
Transmission Power: 1000 watts | License Date: 07-25-2060

Radio Purbanchal 104.4 MHz

Digo Bikash Samaj
Biratnagar - 15 (Morang)
Phone(s): 021-525105, 440193, 440192, 440194 (Fax)
Contact Person(s): Kamala Kandel (Station Manager) 9842023843, Dilip Kafle 9841414566
Email: ssd@cyberworld.com.np
Transmission Power: 100 watts | License Date: 05-25-2063

Radio Pyuthan 92.0 MHz

Development Media Service Nepal
BudaChaur, Radio Line, Khalnga – 9 (Pyuthan)
Phone(s): 086-690283, 420211, 420210 (Fax)
Contact Person(s): Iman Singh Bharati (Station Manager) 9847820099, Ram Pahade (Chairperson) 9847820755, Surya B.K. (Managing Director) 9847821180, Bijaya Singha Bharati (Kathmandu Representative) 9841750260
Email: radiopyuthan@yahoo.com, pyuthansamachar@yahoo.com
Transmission Power: 250 watts | License Date: 05-09-2063, Broadcast Date: 06-25-2064

Radio RamaRoshan 92.0 MHz

Sudur Sanchar Samaj Nepal
Thulasain, Mangalsen (Achham)
Phone(s): 097-620228, 629304, 690179, 620228, 620014 (Fax)

Contact Person(s): Binod Kumar Thapa (Chairperson) 9848435400, C.B. Saud (Managing Director) 9741043006, Bed Prakash Timilsina (Station Manager) 9848435003, Ekindra Kunwar (Kathmandu Representative) 9851026016
Transmission Power: 250 watts | License Date: 05-19-2063

Radio Rapti FM 104.8 MHz

Sharada Media Sangam
Sejwaltakura, Salyan (Salyan)
Phone(s): 086-520255, 520255 (Fax)
Contact Person(s): Ramesh Kumar Gautam (Station Manager) 9847843555, Ramesh Oli (Program Chief) 9847843313
Email: radiorapti@yahoo.com
Transmission Power: 100 watts | License Date: 06-12-2063, Broadcast Date: 08-26-2064

Radio Resunga 106.2 MHz

Radio Resunga Pvt. Ltd.
Bus Park, Tamghash – 4 (Gulmi)
Phone(s): 079-520994, 520410, 520993 (Fax)
Contact Person(s): Ghanashyam Gautam (Station Manager) 9847050657, Rajendra Shrestha (Chairperson) 9857022909, Binod Pandey (Kathmandu Representative) 9841284163
Email: radioresunga@gmail.com
Transmission Power: 500 watts | License Date: 11-09-2063, Broadcast Date: 12-01-2064

Radio Rolpa 93.8 MHz

Manav Aadhikar Sachetan Kendra
Simal Chautara, Liwang – 5 (Rolpa)
Phone(s): 086-680146
Contact Person(s): Ghanashyam Acharya (Station Manager)
Email: radiorolpa93.8@gmail.com
Transmission Power: 500 watts | License Date: 07-19-2063, Broadcast Date: 04-03-2065

Radio Sagarmatha 102.4 MHz

Nepal Forum of Environmental Journalists
Bakhundole, Lalitpur (Lalitpur)
Phone(s): 01-5528091, 5542245, 5530227 (Fax)
Postal Address: G.P.O. Box No. 6958, Kathmandu
Contact Person(s): Ghamaraj Luintel (Station Manager) 9851027344
Email: stationmanager@radiosagarmatha.org | Web: www.radiosagarmatha.org
Transmission Power: 500 watts | License Date: 02-05-2054, Broadcast Date: 02-09-2054

Radio Sailung 104.0 MHz

Manav Adhikar Sachetan Tatha Bikash Kendra
Charighyang, Bhimeshwor – 1, Charikot (Dolakha)
Phone(s): 049-421812, 421811, 421394, 421811 (Fax)
Postal Address: P.O. Box No. 5, Dolakha
Contact Person(s): Hom Pathak (Chairperson) 9841496323, Sundar Khadka (Station Manager) 9741019062, Praona Pratap K.C. (Secretary) 9741060445
Email: rsailung@ntc.net.np, sailungfm@yahoo.com
Transmission Power: 250 watts | License Date: 04-14-2064, Broadcast Date: 05-30-2065

Radio Salyan 101.0 MHz

Samaj NirmanKa Lagi Chetna Tatha Sanchar Kendra
Media Village, Khalanga – 5 (Salyan)
Phone(s): 088-520275, 082-693824, 520275 (Fax)

Contact Person(s): Rajib Kumar K.C. (Chairperson) 9847843601, Jeewan B.C. (Program) 98480 22664, Yubraj Regmi (Secretary) 9841772615, Adhiraj Shah (Tres.) 9847844603
Email: radiosalyanfm@gmail.com, salyanfm_111@yahoo.com
Transmission Power: 250 watts | License Date: 08-14-2063, Broadcast Date: 12-10-2064

Radio Sarangkot 104.6 MHz

Sarangkot Multipurpose Cooperative Ltd.
Lamagau, Sarangkot – 9 (Kaski)
Phone(s): 061-521628, 521629 (Fax)
Postal Address: P.O. Box No. 588, Kaski
Contact Person(s): Laxmi Narayan Devkota (Station Manager) 9846028060, Lok Bahadur Thapa (Chairperson) 9856027188, Krishna Thapa (Executive Director) 9846020998
Email: sarangkotfm@yahoo.com, radiosarangkot@hotmail.com
Transmission Power: 250 watts | License Date: 07-03-2063, Broadcast Date: 10-07-2064

Radio Sindhulighadi 103.6 MHz

Manav Bikash Tatha Watawaran Samrakshan Kendra
Katamata Height, Kamalamai – 6 (Sindhuli)
Phone(s): 047-520617, 520618 (Fax)
Contact Person(s): Krishna Hari Ghimire (Chairperson) 9741045925, Lilanath Ghimire (Kathmandu Representative) 9541045925
Email: khgsindhuli@gmail.com
Transmission Power: 100 watts | License Date: 05-13-2063, Broadcast Date: 09-09-2064

Radio Swargadwari FM 102.8 MHz

Swargadwari Sanchar Kendra
Shiva Basti, Tribhuwannagar – 11 (Dang)
Phone(s): 082-560164, 561199, 562330 (Fax)
Contact Person(s): Dadhiram Subedi (Chairperson) 9857830001, Sudeep Gautam (News) 9857830111, Suman Raj Subedi (Kathmandu Representative) 9851076280
Email: radiodangfm@ntc.com.np
Transmission Power: 500 watts | License Date: 01-04-2058

Radio Tamor 102.0 MHz

Topkegola Samaj Sewa Samiti
Phungling, Dokhu – 9 (Taplegunj)
Phone(s): 024-460525, 680197, 460169 (Fax)
Contact Person(s): Tara Ghimire (Chairperson) 9852672480, Sajan Poudel (Station Manager) 9842660425, Pitamber Sigdel (Kathmandu Representative) 9851004877
Transmission Power: 250 watts | License Date: 07-01-2063, Broadcast Date: 10-12-2064

Radio Thaha Sanchar 99.6 MHz

Bindhyawashini Media Pvt. Ltd.
Lamsure Height, Hetauda – 9 (Makwanpur)
Phone(s): 057-524710, 524720, 524721, 524710, 01-4268571 (Fax), 01-4268572 (Fax)
Postal Address: P.O. Box No. 76, Makwanpur
Contact Person(s): Shiva Ram Tiwari (Station Manager) 9855057111, Shyam Sundar Sharma (Managing Director) 9851027135, Samjhana Sumargi (Chairperson) 9801111017
Email: thahasanchar@live.com, shsush2003@yahoo.com

Radio Today 91.0 MHz

Janakpur Today Sanchar Samuha
Mills Area, Janakpur – 1 (Dhanusha)
Phone(s): 041-527491, 527591, 527691 (Fax) | SMS Number: 2968
Postal Address: P.O. Box No. 91, Dhanusha

Contact Person(s): Anurag Giri (Managing Director) 9854020018, Arun Singhaniya (Chairperson) 9854020017, Rakesh Thapa (Kathmandu Representative) 9851012606
Email: radiotoday91@gmail.com
Transmission Power: 1000 watts | License Date: 01-05-2064, Broadcast Date: 03-29-2064

Radio Triveni 100.6 MHz

Saptagandaki Media Pvt. Ltd.
Bypass Road, Bharatpur – 11 (Chitwan)
Phone Number(s): 056-533141, 533142, 533143 (Fax) | Postal Address: P.O. Box No. 99, Chitwan
Contact Person(s): Ramesh Joshi (Managing Director) 9855059277
Email: radiotriveni@gmail.com
Transmission Power: 2000 watts | License Date: 03-03-2065, Broadcast Date: 05-01-2065

Radio Triyuga 104.0 MHz

Sagarmatha Suchana Tatha Sanchar Sahakari Sanstha Limited
Naya Basti, Triyuga – 1 (Udayapur)
Phone(s): 035-420767, 690675, 420767 (Fax)
Postal Address: P.O. Box No. 1, Udayapur
Contact Person(s): Kaushal Chemjong (Station Manager) 9842825162, Baldev Chaudhary (Chairperson) 9852820190, Sushil Rai (Kathmandu Representative) 9841560790
Email: triyuga_fm@yahoo.com, radiotriyuga@ntc.net.np
Transmission Power: 100 watts | License Date: 09-20-2063, Broadcast Date: 07-20-2064

Radio Tulsipur FM 100.2 MHz

Rapti Sanchar Sewa
Ghorahi Chowk, Tulsipur - 5 (Dang)
Phone(s): 082-521508, 520179, 521508 (Fax)
Contact Person(s): Arjun Giri (Managing Director) 9857820166, Devi Prasad Dhital (Chairperson) 082-520179, Sushil Kumar Basnet (News Coordinator) 9847820614, Sujeet Lamichanne (Kathmandu Representative) 9841252917
Email: tulsipur_fm@yahoo.com
Transmission Power: 500 watts | License Date: 09-11-2060, Broadcast Date: 09-23-2061

Radio Upatyaka 87.6 MHz

Narayan Pariwar Club
Teku, Kathmandu - 12 (Kathmandu)
Phone(s): 01-4223671, 4261836 (Fax)
Postal Address: G.P.O. Box No. 4314, Kathmandu
Contact Person(s): Yubar Raj Bhattarai (Station Manager) 9841558578, Chakra Man Dangol (Chairperson) 9841235525
Email: radioupatyaka@yahoo.com
Transmission Power: 100 watts | License Date: 09-03-2063, Broadcast Date: 04-05-2064

Radio Vijaya FM 101.6 MHz

Vijay Samudayik Suchana Tatha Sanchar Sahakari Sanstha Limited
VijayaNagar, Gaidakot – 8 (Nawalparasi)
Phone(s): 056-501405, 501404, 501407 (Fax)
Postal Address: P.O. Box No. 88, Chitwan
Contact Person(s): Bhumi Raj Chapagain (Station Manager) 9855056802, Khemraj Sapkota (Chairperson) 9845054677
Email: vijayafm@techminds.com.np
Transmission Power: 1000 watts | License Date: 05-01-2060, Broadcast Date: 05-05-2061

Rautahat FM 90.8 MHz

Gramin Purwadhar JanaChetna Samaj
 Bidhyapati Nagar, Gaur – 5 (Rautahat)
 Phone(s): 055-521366, 520015, 521365 (Fax)
 Contact Person(s): Achtyut Poudel (Station Manager) 9845022230, Utpal Mishra (Vice Chairperson) 985106988, Revwanta Jha (Chairperson) 9855040050
 Email: rautahatfm@gmail.com, paudelachyut1@yahoo.com
 Transmission Power: 500 watts | License Date: 01-21-2064, Broadcast Date: 12-28-2064

Rubaru FM 104.5 MHz

Rubaru Sanchar Kendra
 Nepalgunj (Banke)
 Phone(s): 081-523310
 Contact Person(s): Shakeel Ahmad Qadri (Station Manager) 9848024304
 Email: rubarunpj@wlink.com.np
 Transmission Power: 100 watts | License Date: 03-10-2064

Rupakot Radio 105.0 MHz

Rupakot Suchana Tatha Sanchar Sahakari Sanstha Limited
 Mude, Diktel – 6 (Khotang)
 Phone(s): 036-420373, 690128, 035-690604 (Fax)
 Contact Person(s): Tanka Thapa (Station Manager) 9741047109, Bikash Rai (Station Coordinator)
 Transmission Power: 100 watts | License Date: 06-10-2063, Broadcast Date: 01-01-2064

Rupandehi FM 102.0 MHz

Watabaran Bachau Aandolan
 Narayansthan, Bhairahawa – 8 (Rupandehi)
 Phone(s): 071-521002, 521003, 521004, 521005, 520678 (Fax)
 Contact Person(s): Ram Prasad Basyal (Chairperson) 9857021033, Bishwa Prem Kafle (Managing Director) 9847030115, Kamal Nepal (Kathmandu Representative) 9841438079
 Email: rupfm102mhz@yahoo.com
 Transmission Power: 1000 watts | License Date: 05-05-2060, Broadcast Date:

Saipal Radio 100.6 MHz

Group for Social Development Nepal
 Chainpur (Bajhang)
 Phone(s): 092-690235, 01-4245314 (Fax)
 Contact Person(s): Min Bahadur Sahi (Managing Director) 9841545365
 Email: humanism@wlink.com.np
 Transmission Power: 250 watts | License Date: 06-01-2060, Broadcast Date: 05-18-2061

Samaad FM 102.6 MHz

Praktika Saathiharu (Friends of Nature)
 Krishna Tole, Lahan – 1 (Siraha)
 Phone(s): 033-561007, 693330, 561007 (Fax)
 Contact Person(s): Jibach Chaudhary (Station Manager) 9841376703, Sambhulal Chaudhary (Chairperson) 9804742920, Siyaram Chaudhary (Kathmandu Representative) 9803050598
 Email: fm.samad.np@gmail.com, jichaudhary@gmail.com
 Transmission Power: 100 watts | License Date: 12-18-2063, Broadcast Date: 10-04-2064

SaptaKoshi FM 90.0 MHz

SaptaKoshi Media Pvt. Ltd.
 Aaitabare, Dhankuta, Itahari – 4 (Sunsari)
 (Transmission from Bhedetar, Dhankuta)
 Phone(s): 025-580277, 580266, 583026, 582689 (Fax)

Contact Person(s): Krishna Dahal (Managing Director) 9852020674, Chandra Neupane (Station Manager) 9852046132, Lilaraj Bhattarai (News Coordinator) 9842057671
Email: skfm@ntc.net.np
Transmission Power: 1000 watts | License Date: 03-13-2058

SaptaRangi FM 101.6 MHz

Saptrarangi FM Pvt. Ltd.
Thana Road, Damak – 11 (Jhapa)
Phone(s): 023-584626, 584926, 584927, 584927 (Fax)
Contact Person(s): Ishwar Sedai (Station Manager) 9842026932, Lila Baral (Director) 9852677310, Meharman Lingden (Chairperson) 9852670755
Email: saptarangifm@gmail.com, ishwardsedai@yahoo.com
Transmission Power: 500 watts | License Date: 05-10-2063, Broadcast Date: 01-08-2064

Sayapatri FM 91.6 MHz

Nilgiri FM Pvt. Ltd.
Loktantrik Road, Baglung – 2 (Baglung)
Phone(s): 068-522252, 522253, 522448, 522253 (Fax)
Postal Address: P.O. Box No. 29, Baglung
Contact Person(s): Omkar Thapa (Station Manager) 9857620356, Govinda Prasad Kandel (Managing Director) 9847624539, Jagannath Acharya (Chairperson) 9857620794
Email: sayapatrisn@yahoo.com
Transmission Power: 500 watts | License Date: 12-16-2063, Broadcast Date: 10-28-2064

Shreenagar FM 93.2 MHz

Shreenagar FM Pvt. Ltd.
Kailashnagar, Tansen – 9 (Palpa)
Phone(s): 075-521660, 521732, 521733 (Fax)
Postal Address: P.O. Box No. 18, Palpa
Contact Person(s): Jagdish Bhattarai (Station Manager) 9857060301, Bhim Sen Karki (Chairperson) 9852060305, UmaKanta Pandey (Kathmandu Representative) 9851054000
Email: shreenagarfm@yahoo.com
Transmission Power: 1000 watts | License Date: 05-26-2060, Broadcast Date: 12-13-2060

Shuklaphanta FM 99.4 MHz

Forum for Local Development (FOLD)
(Transmission from Nachanthali, Godawari-8, Kailali)
Bhasi, Mahendranagar – 1 (Kanchanpur)
Phone(s): 099-521615, 525797, 523755, 091-522899, 523756 (Fax) | SMS Number: 5656
Postal Address: P.O. Box No. 28, Kanchanpur
Contact Person(s): Rishiraj Lumsli (Chairperson) 9851048698, Dhinendra Sinal (Station Manager) 9858750535, Balbahadur Dangora (Secretary) 099523883
Email: foldkan@hotmail.com, shuklaphanta@yahoo.com
Transmission Power: 1000 watts | License Date: 05-27-2063, Broadcast Date: 09-15-2063

Siddhartha FM 98.8 MHz

Samyak Media Pvt. Ltd.
B.P. Path, Bhairhawa – 8 (Rupandehi)
Phone(s): 071-622544, 521690, 523991, 523992, 524690 (Fax)
Postal Address: P.O. Box No. 18, Bhairahawa
Contact Person(s): T.P. Bhusal (Station Manager) 9847022350, Sudarshan Prasad Nepal (Managing Director) 9857023381, Nidhan Chandra Shrestha (Chairperson) 9847020221, Rabindra Kumar Tamrakar (Kathmandu Representative) 9851071928
Email: tp_bhusal@hotmail.com, siddharthafm@gmail.com
Transmission Power: 1000 watts | License Date: 08-10-2063, Broadcast Date: 08-16-2064

Sky FM 106.6 MHz

Sky FM Pvt. Ltd.

Bhrikuti Chowk, Biratnagar – 6 (Morang)

Phone(s): 021-536645, 536646, 536645 (Fax) | SMS Number: 6600

Postal Address: P.O. Box No. 169, Morang

Contact Person(s): Deepak Shreevastav (Managing Director) 9852021611, Sunil Shreevastav (Managing Director) 9842023448, Suman Shrestha (Station Manager) 9742006361

Email: skyfm106.6@gmail.com

Transmission Power: 100 watts | License Date: 06-18-2064, Broadcast Date: 07-27-2064

Solu FM 102.2 MHz

Young Star Club

Dorpu Bazar, Salleri – 7 (Solukhumbu)

Phone(s): 038-520016, 690177, 520212, 520356 (Fax)

Postal Address: P.O. Box No. 7, Solukhumbhu

Contact Person(s): Nima Tamang Pakhrin (Project Manager) 9851050948, Buddhi N. Shrestha (Chairperson) 038-520151, Manoj Shrestha (Station Manager) 9741045717, Hari Narayan Rajbhandari (Kathmandu Representative) 9851003138

Email: solufm@gmail.com | Web: www.ysc.org.np

Transmission Power: 100 watts | License Date: 07-25-2060, Broadcast Date: 05-11-2061

Star FM 95.2 MHz

Star FM Pvt. Ltd.

Laakhchour, Naya Baneshwor, Kathmandu -10 (Kathmandu)

Phone(s): 01-4465875, 4465996 (Fax) | SMS Number: 2952

Postal Address: G.P. O. Box No. 8551, Kathmandu

Contact Person(s): Gopal Prasad Poudyal (Managing Director) 9851066952, Pradip Kumar Udaya (Chairperson) 9847036125

Transmission Power: 500 watts | License Date: 04-28-2063, Broadcast Date: 06-15-2061

Star FM 95.6 MHz

Star FM Pvt. Ltd.

Dharan (Sunsari)

Phone(s): 025-521440, 532940 (Fax)

Contact Person(s): Yam Baral (Manager), Ananada Koirala 9842046369

Sumhatlung FM 104.2 MHz

Sumhaltung Sanchar Sahakari Sanstha Limited

Gadhi, Phidim – 4 (Panchthar)

Phone(s): 024-520262, 520262 (Fax)

Contact Person(s): Bijaya Lawati (Station Manager) 9741060700, Sita Seling (Chairperson), Kabindra Serma (News Coordinator) 9842661953, K.B. Chenjong (Kathmandu Representative) 9841484874

Email: sumhatlung07@yahoo.com

Transmission Power: 100 watts | License Date: 11-27-2063 | Broadcast Date: 10-06-2064

Synergy FM 91.6 MHz

Synergy FM Pvt. Ltd.

Synergy Road, Bharatpur – 10 (Chitwan)

Phone(s): 056-526916, 526917, 526111 (Fax) | SMS Number: 6969

Postal Address: P.O. Box No. 77, Chitwan

Contact Person(s): Sahan Pradhan (Managing Director) 9855055400, Amar Pradhan (Station Manager) 9855056444, Basanta Parajuli (Kathmandu Representative) 9845053576

Email: sahan.pradhan@gmail.com | Web: www.synergyfm.com.np

Transmission Power: 2000 watts | License Date: 01-27-2058, Broadcast Date: 07-26-2058

Tikapur FM 101.0 MHz

Sancharkarmi Samuha

Campus Road, Tikapur – 9 (Kailali)

Phone(s): 091-560625, 560625 (Fax)

Contact Person(s): Ganesh Chaudhary (Managing Director) 9741067912, Bhuwaneshwor Adhikari (Chairperson) 9748900935, Yakindra Timilsina (Station Manager) 9749008380, Narayan Bhattarai (Kathmandu Representative) 9841500985

Email: tikapurfm101@gmail.com, sancharkarmeetkp@gmail.com

Transmission Power: 250 watts | License Date: 11-30-2063, Broadcast Date: 12-15-2064

Times FM 90.6 MHz

Valley FM Pvt. Ltd.

Ganeshsthan, Chabahil (Kathmandu)

Phone(s): 01-4481471, 2074502, 4481471 (Fax)

Postal Address: G.P.O. Box No: 8975, Kathmandu (EPC: 906)

Email: info@timesfm906.com | Web: www.timesfm906.com

Transmission Power: 500 watts | License Date: 08-01-2061

Tinau FM 98.2 MHz

Tinau FM and Media Pvt. Ltd.

Butwal (Rupandehi)

Phone(s): 071-547371, 550354, 545630 (Fax)

Contact Person(s): Mrigendra Sherchan (Managing Director) 9857025600, Ramesh Pandeya (Station Manager) 9857022110

Email: tinaufm@gmail.com | Web: www.tinaufm.com

Transmission Power: 1000 watts | License Date: 05-01-2060

Ujyaalo FM 90.0 MHz

Communication Corner Pvt. Ltd.

Sanepa, Lalitpur (Lalitpur)

Phone(s): 01-5551716, 5549357, 546277 (Fax) | SMS Number: 5566

Postal Address: G.P.O. Box. 6469, Kathmandu

Contact Person(s): Gopal Guragain (Managing Director) 9851025008, Chittaranjan Jha (Administration) 9851079671, Udaya Ghimire (Technical Manager) 9841299930

Email: gopal@commorononline.com | Web: www.unn.com.np

Transmission Power: 500 watts | License Date: 06-22-2063

Voice of Youth FM 96.8 MHz

Voice of Youth Pvt. Ltd.

Chahabil, Kathmandu (Kathmandu)

Phone(s): 01-4463134, 2074831, 4481172, 4481172 (Fax)

Contact Person(s): Kumar Bhattarai (Managing Director) 9851051579, Sushila Aryal (Finance) 9851103733, Milee Shrestha 9841296797

Transmission Power: 500 watts | License Date: 05-08-2063

Radio Nepal

Radio Nepal

Radio Broadcasting Service (Radio Nepal)

Singha Durbar, Kathmandu, Nepal

Postal Address: G.P.O. Box. No. 634, Kathmandu

E-mail: radio@rne.wlink.com.np, radio@engg.wlink.com.np | Web: www.radionepal.org

Phone(s): 01-4211769, 4211951 (Hunting Lines), 4211910 (Executive Director), 4211923 (Deputy Executive Director I), 4211842 [Deputy Executive Director II], 4211667 (Chief Engineer), 4211649 (News Room), 4211691 (Reporting Room), 4211582 (Program Chief), 4211921 (Business Division), 4211705 (Engineering Division)

Fax: 01-4211952 (Executive Director), 4211896 (Business Division), 4211652 (News Division)

Broadcasting Stations/Bands/Frequencies:

Short Wave (SW) Transmission Unit (1)

Kumaltar, Lalitpur (3 transmitters at 100 kW)

1. Short Wave - 3.230 MHz (Winter season only)
2. Short Wave - 5.005 MHz (All seasons)
3. Short Wave - 6.100 MHz (Summer season only)
4. Short Wave - 7.165 MHz (Summer season only)

Medium Wave (MW) Transmission Units (6)

1. Dharan – 648kHz (100 kW)
2. Bardibas – 1143 kHz (10 kW)
3. Kathmandu – 792 kHz (100 kW)
4. Pokhara – 684 kHz (100 kW)
5. Surkhet – 576 kHz (100 kW)
6. Dipayal – 810 kHz (10 kW)

Frequency Modulation (FM) Relay Transmission Units (11)

1. Illam, Illam - 100 MHz (1,000 watts)
 2. Khumaltar, Kathmandu - 100 MHz (1,000 watts)
 3. Hetauda, Makwanpur - 98 MHz (100 watts)
 4. Birgunj, Parsa - 100 MHz (1,000 watts)
 5. Bharatpur, Chitwan - 103 MHz (1,000 watts)
 6. Daunne, Nawalparasi - 100 MHz (1,000 watts)
 7. Jomsom, Mustang - 100 MHz (10 watts)
 8. Simikot, Humla - 100 MHz (50 watts)
 9. Buditola, Kailali - 100 MHz (1,000 watts)
 10. Jumla, Jumla - 100 MHz (50 watts)
 11. Tulsipur, Dang - 103 MHz (1,000 watts)
-