



नेपाल सरकार

शिक्षा, विज्ञान तथा प्रविधि मन्त्रालय

शिक्षा तथा मानव संसाधन विकास केन्द्र

(प्रारम्भिक, बालबालिका तथा शाखा)
सनातन विद्यालय, काठमाडौं

मिति :- २०७७ ०७ २६

प.स. २०७७/०७८

च.नं.: ०८

विषय: अभिभावक शिक्षा रेडियो कार्यक्रम "सिक्दै सिकाउँदै" बारे।

श्री इकाई प्रमुख ज्यू

शिक्षा विकास तथा समन्वय इकाई, ७७ वटै।

श्री शिक्षा शाखा प्रमुख ज्यू

महानगर/उपमहानगर/नगरपालिका/गाउँपालिका, ७५३ वटै।

प्रस्तुत विषयमा कोभिड-१९का कारण देशभरका बालबालिकाको पठनपाठन प्रभावित भइरहेको अवस्थामा उनीहरूको सिकाइ निरन्तरताका लागि अभिभावकको ठूलो भूमिका रहन्छ। यस कुरालाई ध्यानमा राखी प्रारम्भिक उमेर समूहका बालबालिकाका अभिभावकका लागि यस केन्द्रबाट निर्माण भएको अभिभावक शिक्षा प्याकेज तथा अभिभावकले घरमा नै गराउन सकिने सिकाइ क्रियाकलाप पुस्तिकाका आधारमा अभिभावक शिक्षा रेडियो कार्यक्रम "सिक्दै सिकाउँदै" निर्माण भई संलग्न सूचि अनुसारको रेडियो स्टेशनबाट देशभर सुन्न सकिने व्यहोरा जानकारी गराउन चाहन्छौं। यसका साथै हालसम्मका अंकहरू युनिसेफ नेपाल तथा उज्यालो नेटवर्कको वेवसाइट (<https://ujyaaloonline.com/radio-program-detail/sikdai-sikaudai>) मा समेत पुनः प्रसारणका लागि उपलब्ध भएको हुनाले उक्त वेवसाइटबाट अभिभावकहरूले फाइदा लिन सक्ने वातावरण बनाई दिन हुन अनुरोध छ।


०६/०६/२६

धनसूदन चौलागाई

शाखा अधिकृत

सिक्दै सिकाउँदै
प्रसारण हुने रेडियो स्टेशनहरू र समय

प्रदेश Province	जिल्ला District	एफएम स्टेशनहरू Stations	FM FREQ. MHZ	भाषा Language	दिन Day	प्रसारण समय Airing Timing
Province-1	Taplejung	Radio Taplejung	94.0	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Panchthar	Eagle FM	99.2	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Illam	Illam FM	93.0	Nepali	Monday & Thursday	6:30 AM - 6:45 AM
	Jhapa	Pathibhara FM	93.6	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Morang	Birat FM	91.2	Nepali	Monday & Thursday	6:30 AM - 6:45 AM
	Sunsari	Vijayapur Fm	98.8	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Dhankuta	Radio Makalu FM	92.2	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Dhankuta	Radio Laligurash	106.2	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Terathum	Radio Menchhyayem	103.4	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Bhojpur	Radio Unnati	93.8	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Sankhuwasabha	Khandbari FM	105.8	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Solukhumbu	Himal FM	90.2	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Khotang	Haleshi FM	102.4	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Okhaldhunga	Afno FM	104.8	Nepali	Monday & Thursday	8:15 AM-8:30 AM
	Udaypur	Amurta Fm	91.6	Nepali	Monday & Thursday	7:00 AM - 7:15 AM
	Morang	Sky FM	106.6	Maithali	Monday & Thursday	7:30 AM - 7:45 AM
	Sunsari	Saptakoshi FM	90.0	Maithali	Monday & Thursday	5:00 PM - 5:15 PM
Sunsari	Namaste FM	107.2	Bhojpuri	Monday & Thursday	7:30 AM - 7:45 AM	
Province-2	Saptari	Radio Chinnmasta	101.4	Maithali	Monday & Thursday	7:30 AM - 7:45 AM
	Siraha	Radio Salhesh	88.8	Maithali	Monday & Thursday	7:30 AM - 7:45 AM
	Siraha	Samad FM	102.6	Maithali	Monday & Thursday	7:30 AM - 7:45 AM
	Dhanusha	Radio Today	91.0	Maithali	Monday & Thursday	7:30 AM - 7:45 AM
	Mohottari	Radio Appan Mithila	94.4	Maithali	Monday & Thursday	7:30 AM - 7:45 AM
	Sarlahi	Dhukdhuki FM	95.2	Maithali	Monday & Thursday	7:00 AM - 7:15 AM
	Rautahat	Rajdevi FM	93.2	Maithali	Monday & Thursday	7:30 AM - 7:45 AM
	Bara	Radio Simara	91.2	Bhojpuri	Monday & Thursday	8:00 AM - 8:15 AM
	Parsa	Radio Birgunj	99.0	Bhojpuri	Monday & Thursday	7:30 AM - 7:45 AM
	Parsa	Radio Terai	107.0	Bhojpuri	Monday & Thursday	7:30 AM - 7:45 AM
	Rautahat	Rautahat FM	90.8	Bhojpuri	Monday & Thursday	7:45 AM - 8 AM
	Sarlahi	Barahathawa FM	101.1	Bhojpuri	Monday & Thursday	7:30 AM - 7:45 AM
	Saptari	Bhorukawa FM	92.8	Bhojpuri	Monday & Thursday	7:30 AM - 7:45 AM
	Parsa	Indreni FM	97.6	Bhojpuri	Monday & Thursday	7:30 AM - 7:45 AM
	Bara	Sanskar FM	95.6	Bhojpuri	Monday & Thursday	7:00 AM - 7:15 AM
Bagmati Province	Sindhuli	Radio Siddhababa	98.4	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Ramechhap	Hajurko FM	102.1	Nepali	Monday & Thursday	7:00 AM - 7:15 AM
	Dolakha	Hamro Radio	103.4	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Kavre	Radio ABC	89.8	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Sindhupalchwok	Radio Planet	89.1	Nepali	Monday & Thursday	6:30 AM - 6:45 AM
	Dhading	Radio Dhading	106.0	Nepali	Monday & Thursday	7:00 AM - 7:15 AM
	Nuwakot	Radio Trishuli	88.4	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Bhaktapur	Nepaliko Radio	88.8	Nepali	Monday & Thursday	7:45 AM - 8 AM
	Kathmandu	Image FM	97.9	Nepali	Monday & Thursday	6:45 PM - 7:00 PM
	Lalitpur	Radio Kantipur	96.1	Nepali	Monday & Thursday	6:10 AM - 6:25 AM
	Kathmandu Valley	Ujjyalo FM	90.0	Nepali	Monday & Thursday	7:30 AM - 7:45 AM

	Kathmandu Valley	Ujjyalo FM	90.0	Bhojpuri	Tuesday & Friday	7:30 AM - 7:45 AM
	Kathmandu Valley	Ujjyalo FM	90.0	Maithili	Wednesday & Friday	7:30 AM - 7:45 AM
	Chitwan	Kalika FM	95.2	Nepali	Monday & Thursday	8:15 AM - 8:30 AM
	Makwanpur	Radio Hetauda	96.6	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Makwanpur	Radio Sarobar	92.5	Bhojpuri	Monday & Thursday	7:30 AM - 7:45 AM
Gandaki Province	Gorkha	Choice FM	90.4	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Kaski	Big FM	101.2	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Kaski	Tarang FM	107.6	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Syangja	Radio Syangja FM	89.6	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Lamjung	Radio Lamjung	91.8	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Tanahu	Damauli Fm	94.2	Nepali	Monday & Thursday	7:00 AM - 7:15 AM
	Mygdi	Myagdikali FM	88.2	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Baglung	Dhaulagiri FM	98.6	Nepali	Monday & Thursday	6:30 AM - 6:45 AM
Province-5	Parbat	Radio Didibahini	95.2	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Argakhachi	Suryodaya FM	94.0	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Gulmi	Radio Resunga	106.2	Nepali	Monday & Thursday	7:00 AM - 7:15 AM
	Palpa	Shreenagar FM	93.2	Nepali	Monday & Thursday	6:45 AM - 7:00 AM
	Rupandehi	Radio Lumbini	96.8	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Rupandehi	Butwal FM	94.4	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Nawalparasi	Radio Daunne	103.4	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Kapilbastu	Radio Buddha Aawaz	89.6	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Rolpa	Radio Jaljala	96.4	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Puthyan	Radio Mandavi	103.6	Nepali	Monday & Thursday	8:15 AM - 8:30 AM
	Dang	Indreni FM	92.4	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Banke	Radio Krishnasar	94.0	Nepali	Monday & Thursday	7:15 AM - 7:30 AM
Bardiya	Gurubaba FM	106.4	Nepali	Monday & Thursday	7:30 AM - 7:45 AM	
Karnali Province	Rukum	Radio Sano Bheri	100.8	Nepali	Monday & Thursday	7:30 AM-7:45 AM
	Salyan	Radio Sharada Fm	99.2	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Humla	Radio Kailash FM	103.4	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Humla	Radio Shreenagar	102.0	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Jumla	Radio Karnali	105.2	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Kalikot	Radio Pradesh Awaj	94.0	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Mugu	Radio Sauryadaya	92.4	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Jajarkot	Radio Jajarkot	105.6	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Dailekh	Radio Dhurbarata FM	89.8	Nepali	Monday & Thursday	7:00 AM - 7:15 AM
	Dolpa	Dolpa FM	101.4	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
Surkhet	Bulbule FM	103.4	Nepali	Monday & Thursday	7:15 PM - 7:30 PM	
Sudurpashchim Province	Kailali	Radio Daily mail	94.6	Nepali	Monday & Thursday	7:00 AM - 7:15 AM
	Doti	Tribeni FM	94.4	Nepali	Monday & Thursday	7:45 AM - 8 AM
	Accham	Radio Ramaroshan	92.0	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Bajhang	Seti Samudayik FM	93.6	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Bajura	Radio Paurakhi	90.4	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Bajura	Radio Budinanda	96.5	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Darchula	Radio Kalapani	102.2	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Dadeldhura	Radio Sudoor Awaz	95.0	Nepali	Monday & Thursday	7:30 AM - 7:45 AM
	Baitadi	Radio Saugat	103.6	Nepali	Monday & Thursday	7:00 AM - 7:15 AM
Kanchanpur	Shuklafanta FM	99.4	Nepali	Monday & Thursday	7:30 AM - 7:45 AM	