**How to Listen**

**BBC on FM**

- **Bangladesh**: Dhaaka 100 MHz (Bangla and English), Cook's Bazar 108.8 MHz (Bangla and English), Chittagong 108.8 MHz (Sylhet: 88.8 MHz), Khulna 88.8 MHz, Rajshahi 88.8 MHz, Comilla 83.8 MHz, Barisal 105.2 MHz and Thakurgaon 92 MHz (all in Bangladeshi and English from 1 April 2018)

**BBC in English**

- All radio at the times and on the frequencies noted. BBC World Service (South Asia) and BBC World Service (South Asia) Extra can be heard on Radio FM Network (North East): Radio Station Vivek 90.6 MHz in Chandigarh; Sarc (::) Namaste 90.0 MHz in Puducherry, Radio Jhup 108.8 MHz in Kolkata; Prasun 90.4 MHz in Delhi; Pudova/Varanasi 107.8 MHz in Puducherry; Radio Bhang 107.8 MHz in Kathmandu, Radio Namaskar 104.0 MHz in Konark (Odisha), Ary University 107.8 MHz in Kerala, Radio Manjul 90.1 MHz in Nagpur, Radio VIF 108.8 MHz in Varanasi.

**BBC in Hindi**

- 94.3 FM in Mumbai, Delhi, Calcutta, Bangalore, and other major cities in India. Also available via ETV in North India. English: All radio every Saturday at 11.30 on FM Rainbow Network: Communities Radio Station Vivek 90.6 MHz in Chandigarh; Sarvodaya Namaste 90.0 MHz in Puducherry, Radio Jhup 108.8 MHz in Kolkata; Prasun 90.4 MHz in Delhi; Pudova/Varanasi 107.8 MHz in Puducherry; Radio Bhang 107.8 MHz in Kathmandu, Radio Namaskar 104.0 MHz in Konark (Odisha), Ary University 107.8 MHz in Kerala, Radio Manjul 90.1 MHz in Nagpur, Radio VIF 108.8 MHz in Varanasi.

**BBC World Service (South Asia)**

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