



SUKH SAGAR RADIO 7 DAY SCHEDULE

Monday-Friday

<u>Time</u>	<u>Programme</u>
07:00-09:00am	Elahi Sandesh - Reflection of special divine message of the day from Guru Granth Sahib Ji.
09:00-10:00am	Dukh Bhanjani Sahib
10:00-11:00am	Sehaj Path - Live recitation of Sri Guru Granth Sahib Ji De Path from Sukh Sagar Radio Studio.
11:00-12:30pm	Shabad On Demand - Devotees can request for shabad of their choice by calling live on studio number 02088139000. Programme hosted by Giani Balwinder Singh.
12:30-13:00pm	Classical Shabad Kirtan
13:00-13:30pm	News and Views - Programme hosted by Zorawar Singh Gakhal
13:30-15:00pm	Sukhmani Sahib and Ardas - Bani recitation for world peace and tranquillity.
15:00-16:00pm	Itahas Di Katha - Revelation of Sikh history in poetic form. Programme hosted by Giani Balwinder Singh.
16:00-17:00pm	Sur Taal - Selected dharmik geet of your choice. Have your say live on air and enjoy selected dharmik geet.
17:00-18:00pm	Rehras Sahib - Evening Prayer for physical and mental protection.
18:00-19:00pm	Vyakhiya Sri Guru Granth Sahib - Descriptive explanation of holy sikh scripture.
19:00-20:00pm	Gurbani santhiya live on air.
20:00-20:30pm	Sach da marg .
20:30-21:00pm	News and Views - Programme hosted by Zorawar Singh Gakhal.
21:00-22:00pm	Nok Jhok - Special musical hour and light hearted discussion programme hosted by Zorawar Singh Gakhal .
22:00-01:00am	Bhinni Rainrrhiyai, Har Kiyen Katha Kahaniyan .
01:00-03:00am	Sukhmani Sahib and Ardas - Bani recitation for world peace and tranquillity.
03:00-04:00am	Simran.
04:00-05:30am	Asa Di Vaar - Kirtan Sri Asa Di Vaar.
05:30-07:00am	Nit Nam.



SUKH SAGAR RADIO 7 DAY SCHEDULE

Saturday

<u>Time</u>	<u>Programme</u>
07:00-09:00am	Elahi Sandesh - Reflection of special divine message of the day from Guru Granth Sahib Ji.
09:00-10:00am	Dukh Bhanjani Sahib
10:00-11:00am	Sehaj Path - Live recitation of Sri Guru Granth Sahib Ji De Path from Sukh Sagar Radio Studio.
11:00-12:30pm	Shabad On Demand - Devotees can request for shabad of their choice by calling live on studio number 02088139000. Programme hosted by Giani Balwinder Singh.
12:30-13:00pm	Classical Shabad Kirtan
13:00-13:30pm	News and Views - Programme hosted by Zorawar Singh Gakhal
13:30-15:00pm	Sukhmani Sahib and Ardas - Bani recitation for world peace and tranquillity.
15:00-16:00pm	Itahas Di Katha - Revelation of Sikh history in poetic form. Programme hosted by Giani Balwinder Singh.
16:00-17:00pm	Rishtey Nahtey - Programme encouraging parents to discuss and listen their children matrimonial problems.
17:00-18:00pm	Rehras Sahib - Evening Prayer for physical and mental protection.
18:00-19:00pm	Vyakhiya Sri Guru Granth Sahib - Descriptive explanation of holy sikh scripture.
19:00-20:00pm	Gurbani santhiya live on air.
20:00-20:30pm	Sach da marg.
20:30-21:00pm	News and Views - Programme hosted by Zorawar Singh Gakhal.
21:00-22:00pm	Nok Jhok - Special musical hour and light hearted discussion programme hosted by Zorawar Singh Gakhal .
22:00-01:00am	Bhinni Rainrrhiyai, Har Kiyān Katha Kahaniyan .
01:00-03:00am	Sukhmani Sahib and Ardas - Bani recitation for world peace and tranquillity.
03:00-04:00am	Simran.
04:00-05:30am	Asa Di Vaar - Kirtan Sri Asa Di Vaar.
05:30-07:00am	Nit Nam.



SUKH SAGAR RADIO 7 DAY SCHEDULE

Sunday

<u>Time</u>	<u>Programme</u>
07:00-09:00am	Elahi Sandesh - Reflection of special divine message of the day from Guru Granth Sahib Ji.
09:00-10:00am	Dukh Bhanjani Sahib
10:00-11:00am	Amrit Lehran - Special Kirtan recital to soothe your thoughts
11:00-12:30pm	Shabad On Demand - Devotees can request for shabad of their choice by calling live on studio number 02088139000. Programme hosted by Giani Balwinder Singh.
12:30-13:00pm	Classical Shabad Kirtan
13:00-13:30pm	News and Views - Programme hosted by Zorawar Singh Gakhal
13:30-15:00pm	Sukhmani Sahib and Ardas - Bani recitation for world peace and tranquillity.
15:00-16:00pm	Itahas Di Katha - Revelation of Sikh history in poetic form. Programme hosted by Giani Balwinder Singh.
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18:00-19:00pm	Vyakhiya Sri Guru Granth Sahib - Descriptive explanation of holy sikh scripture.
19:00-20:00pm	Gurbani santhiya live on air.
20:00-20:30pm	Dhadi Varan and Kirtan.
22:00-01:00am	Bhinni Rainrrhiyai, Har Kiyan Katha Kahaniyan .
01:00-03:00am	Sukhmani Sahib and Ardas - Bani recitation for world peace and tranquillity.
03:00-04:00am	Simran.
04:00-05:30am	Asa Di Vaar - Kirtan Sri Asa Di Vaar.
05:30-07:00am	Nit Nam.