

Danfe

ISSUE 22
APR-JUN 2025



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जुन म आफन्तसँग बाँड्छु र
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**MUST-DO ACTIVITIES:
WHILE VISITING MALAYSIA**

THE PRESIDENT'S LETTER



Namaste Atithi,

Welcome onboard!

This 22nd issue of Danfe celebrates a special moment for Himalaya Airlines—our 10th anniversary, the launch of our new Pokhara–Lhasa route, and the arrival of the Nepali New Year 2082 BS. As we step into this exciting new chapter, we extend our heartfelt wishes for a joyful, healthy, and fulfilling year.

Over the past decade, we've faced challenges and milestones alike. But through it all, your continued trust has helped us grow stronger. With safety, reliability, and comfort at the core of what we do, we're more committed than ever to serving you better in the skies.

This year, we've expanded our reach. A new route now connects Pokhara and Lhasa, furthering our mission to promote Nepal and welcome more international visitors. We've also resumed our flights to Riyadh and added more services to Dubai, offering you even greater flexibility when travelling and connecting.

Our growing network now connects you to dynamic destinations including Dhaka, Kuala Lumpur, Dubai, Dammam, Doha, Kuwait, Riyadh, Lhasa, and Chongqing, offering you even greater flexibility and adventure.

This issue of Danfe is filled with captivating contents—from exclusive interviews and destination features to health insights and cultural stories. As you flip through the pages, discover the lively streets of Malaysia, learn about the history of Chaku, and get useful kidney health tips from Dr. Pukar-Nepal's leading kidney and liver transplant surgeon. You'll also get a glimpse into Nepali football through the narrative of former national captain Anil Gurung.

We sincerely thank you for your continued trust, support, and patronage, and we look forward to welcoming you on board on your next journey with Himalaya Airlines.

Thank you,

A stylized, handwritten signature in white ink, appearing to be '周恩勇' (Zhou Enyong).

ZHOU ENYONG

PRESIDENT

Danfe INSIDE



Himalaya Starts Lhasa-Pokhara-Lhasa Scheduled Service



यस केन्द्रलाई बिस्तार गर्न सके हामीले १ वर्षमा १००० जना सम्मको मिर्गौला प्रत्यारोपण यही गर्न सक्छौं



Nepali New Year: A Celebration of History, Culture, and Renewal



Aviation Infrastructures versus Airlines' Capacity in Nepal

Must-Do Activities: While Visiting Malaysia

20

नेपालले उदाउँदा खेलौडाहरूमा लगानी गर्न आवश्यक छ

23

From the Streets of Tokha to the World: The Story of Chaku

34

CALENDAR (APR - JUN 2025)



April 5

Chaite Dashain

Chaite Dashain symbolizes the triumph of truth and righteousness over falsehood and injustice. Though once the main Dashain, it was later shifted to Asoj-Kartik due to seasonal changes. Still, its essence remains strong, celebrated with devotion in Nepal and observed as Chaitra Navaratri in India, Bangladesh, and Myanmar. This festival serves as a reminder that truth always prevails.



April 14

Nepali New Year

Nepali New Year, or Nava Varsha, marks a fresh start, deeply rooted in Nepal's cultural and historical traditions. Based on the Bikram Sambat calendar, which dates back to Emperor Vikramaditya, this is the first day of the new year. The celebration symbolizes renewal, unity, and prosperity. It brings people together, preserving ancient customs while embracing modern celebrations.



April 6

Ram Nawami

Ram Navami marks the birth of Lord Rama, the seventh form of Lord Vishnu. It is a celebration of good defeating evil and truth overcoming lies. Observed on the ninth day of the Chaitra month, it usually falls in March or April. People celebrate by fasting, praying, and reading holy scriptures to seek blessings for a better life. More than a religious event, Ram Navami teaches love, kindness, and fairness, reminding everyone to live with honesty and harmony.



April 27

Mother's Day (Mata Tirtha Aunshi)

Mata Tirtha Aunsi, or Nepali Mother's Day, is a sacred occasion to honour mothers and express gratitude. Rooted in legend, it is believed that a farmer once saw his late mother's reflection in Mata Tirtha Pond, leading to the tradition of remembering and connecting with departed mothers. On this day, children offer love, respect, and gifts to their mothers, while those who have lost them visit pilgrimage sites like Mata Tirtha and Pashupatinath to pay tribute. This festival celebrates the unparalleled love and blessings of motherhood.



May 12

Buddha Jayanti/Ubhauri Parwa

Buddha Jayanti, also known as Buddha Purnima, celebrates the birth, enlightenment, and nirvana of Lord Buddha. Observed on the full moon of Baisakh or early Jestha, it holds special significance in Nepal, the birthplace of Buddha in Lumbini. This year marks the 2587th anniversary of Lord Buddha's birth. Lumbini hosts grand celebrations, including a chariot procession with Buddha's statue, chanting by monks, and special prayers. The Mayadevi Temple, where Buddha was born, is decorated with flowers, butter lamps, and vibrant flags, creating a spiritually charged atmosphere.



June 7

Edul Aajaha (Eid-al-Adha)

Eid al-Adha, also known as Bakra eid or the "Grand Eid," is the most important festival in the Muslim calendar. It commemorates Prophet Abraham's willingness to sacrifice his son for God, with Muslims believing the son was Ishmael. The festival, observed on the 10th of Dhu al-Hijjah, concludes the pilgrimage to Mecca and lasts for three days. Muslims mark this by sacrificing an animal, sharing the meat with family, friends, and the needy.

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Himalaya Airlines supports CSR initiative of Chinese Enterprises Association of Nepal

Himalaya Airlines, in collaboration with the Chinese Enterprises Association of Nepal (CEAN), contributed to a Corporate Social Responsibility (CSR) initiative by supporting to organize a Free Health Check-Up for the children of Prayas Nepal on January 22, 2025. The 16th batch of the China Medical Team conducted the health camp with great care and compassion. Senior medical experts, leveraging their exceptional skills and dedication, performed comprehensive medical examinations and introduced innovative health education programs tailored to the children's specific health needs.

On the occasion of the Chinese New Year, CEAN A donated a cheque of Rs. 6 lakhs for the essential daily supplies, including groceries, snacks, and toiletries, ensuring a year-long provision for the children of Prayas Nepal.

As a longstanding member of CEAN, Himalaya Airlines has been continuously engaged in various CSR activities and has been supporting Prayas Nepal since 2017, extending its assistance to other orphanages as well. During the CSR Event, Himalaya Airlines' President, Mr. Zhou Enyong, shared, "Everything we do may be a small contribution, but the innocent smiles and tenacity of these children gives us an endless amount of strength. Seeing them growing up here healthy and happy is the biggest motivation we've always had."



Himalaya Airlines' participation in PATA Nepal India China and Expo (NICE) 2025

Himalaya Airlines played a significant role as the **Official Airline Partner for China** at the **PATA Nepal India China Expo (NICE) 2025**, held in Pokhara from February 24 to February 26, 2025. Demonstrating its commitment to strengthening tourism ties between Nepal and China, H9 sponsored 10 leading tour operators from Chongqing, Qingdao, Beijing, Shanghai, and Lhasa, facilitating their participation in the event. Additionally, five distinguished media representatives and influencers were invited, ensuring extensive coverage and engagement.



During the Plenary Session titled **"Unleashing the Power of Aviation."**, Mr. Vijay Shrestha, Vice President – Administration, shared his expertise and insights into the Nepalese aviation sector as a Key panelist. With its support to the key stakeholders of travel and tourism industry in China, Himalaya Airlines aimed to enhance bilateral tourism promotion, foster strategic partnerships, and showcase Nepal as a premier travel destination.

Himalaya's proactive involvement in the first tri-nation expo, **PATA NICE 2025** underscores its dedication to boosting regional connectivity and sustainable tourism growth while reinforcing its position as a preferred carrier for travelers between Nepal and China.



Himalaya Starts **Lhasa-Pokhara-Lhasa** Scheduled Service



Himalaya Airlines marked a significant milestone by launching its Lhasa-Pokhara-Lhasa scheduled service on March 31, 2025, strengthening air connectivity between Nepal and China. The inaugural flight H9 731 departed from Lhasa Gonggar Airport at 14:39 hrs. Local time and landed at Pokhara International Airport at 13:56 hrs. Local time, carrying 107 passengers.



The Inaugural Flight event was held in the presence of Mr. Surendra Raj Pandey, Honorable Chief Minister, Gandaki Province as the chief guest along with Mr. Arun Kumar Chaudhary, Honorable State Minister of Culture, Tourism, and Civil Aviation of Nepal, Mr. Mitra Lal Basyal, Honorable Minister of Industry and Tourism of Gandaki Province, His Excellency Mr. Chen Song, Ambassador of The Peoples' Republic of China to Nepal, Mr. Dhana Raj Acharya, Mayor of Pokhara Metropolitan City, Mr. Deo Chandra Lal Karna, Deputy Director General, Civil Aviation Authority of Nepal, along with other dignitaries who were warmly welcomed by Mr. Zhou Enyong, President, Mr. Vijay Shrestha, Vice President-Administration and Himalaya Airlines officials. Consular General of Nepal in Lhasa, Laxmi Prasad Niraula also graced the historic event with his presence.



Mr. Zhou Enyong, President of Himalaya Airlines, expressed his joy and pride in launching the first-ever scheduled international flight from Pokhara International Airport connecting to Lhasa. "This historic milestone is a major achievement Himalaya Airlines and Nepal's aviation industry, positioning Pokhara as a key international gateway and enhancing regional connectivity. More than just a new route, this flight strengthens Nepal-China ties, boosts tourism, and

opens doors for trade and cultural exchange. As Himalaya Airlines remains committed to safe and efficient air travel, we call for continued support to ensure the long-term success of this operation. Together, we can achieve even greater milestones."

Honorable Chief Minister emphasized the importance of enhanced connectivity in boosting tourism and

economic development, stating, "While challenges remain, they can be addressed with government support. The Gandaki Government is dedicated to facilitating and expanding Himalaya Airlines' operations in Pokhara."

H.E Mr. Chen Song, Ambassador of the People's Republic of China to Nepal congratulated Pokhara on its first-ever scheduled commercial flight, stating, "Your dream of having a scheduled flight has now become a reality. Himalaya Airlines' Lhasa-Pokhara flight reflects China's strong commitment to strengthening Nepal-China relations."

Mr. Arun Kumar Chaudhary, Honorable State Minister of Culture, Tourism, and Civil Aviation of Nepal, urged all stakeholders to support Himalaya Airlines, stating: "Himalaya Airlines has successfully established a weekly flight on the Pokhara-Lhasa route. He commend this achievement and extend his best wishes for the airline's continued success in expanding its flight operations in the days ahead."

Mayor of Pokhara Metropolitan City Mr. Acharya thanked Himalaya Airlines for giving the 14th international flight which is the first scheduled flight from Pokhara; sharing that the historic Lhasa Pokhara flight will help the citizens of both the countries to explore the rich culture and tourism of each other's nations.

Mr. Deo Chandra Lal Karna, Deputy Director General of the Civil Aviation Authority of Nepal, expressed his delight and congratulated Himalaya Airlines for being the first airline to operate both the inaugural and scheduled flights from Pokhara. He congratulated Himalaya Airlines on securing a new sector, destination also urged tour operators and tourism stakeholders in Pokhara to support Himalaya Airlines in making this route a success."

Expressing his enthusiasm, Vice President of Himalaya Airlines Mr. Vijay Shrestha stated, "With this new route, Himalaya aims to create memorable travel experiences while maintaining the highest safety standards. We look forward to welcoming travelers and showcasing the beauty of Nepal."

On April 01, 2025 the first commercial scheduled flight from Pokhara International airport took off at 08.26 hrs., connecting Pokhara to Lhasa. The inaugural flight's passengers received a special welcome from the H9 team in the presence of Mr. Laxmi Prasad Niraula, Counsular General of Nepal to Lhasa.

This new service of Himalaya Airlines enhances Nepal's connectivity and positions Pokhara as a key international tourism hub.





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यस केन्द्रलाई बिस्तार गर्न सके हामीले १ वर्षमा १००० जना सम्मको मिर्गौला प्रत्यारोपण यही गर्न सक्छौं

■ डा. पुकारचन्द्र श्रेष्ठ

डा. पुकारचन्द्र श्रेष्ठको नेतृत्वमा नेपालले अंग प्रत्यारोपण सेवामा ऐतिहासिक उपलब्धि हासिल गरेको छ। सन् २००८ मा बेलायतबाट फर्किएपछि वीर अस्पतालमा पहिलो सफल मिर्गौला प्रत्यारोपण गरेका श्रेष्ठको नेतृत्वमा नेपालमै उच्च स्तरीय अंग प्रत्यारोपण सम्भव भयो। २०६९ साल बैशाखमा शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्रको स्थापना भयो। आफ्नो १३ वर्षको सञ्चालनमा शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्रले डा. श्रेष्ठको नेतृत्वमा मिर्गौला र कलेजो प्रत्यारोपणमा उल्लेखनीय सफलता हासिल गरिसकेको छ। डा. श्रेष्ठको समर्पणले नेपालमा अंग प्रत्यारोपणका लागि विदेश जाने बाध्यता घटाएको छ, जसले हजारौं नेपाली बिरामीलाई सहज उपचारको अवसर दिलाएको छ। हामीले डा. श्रेष्ठसँग शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्रमा बसेर मिर्गौला स्वास्थ्यबारे कुरा गर्ने मौका पायौं। अंशहरू :

नेपालीहरूले धेरैजसो सामना गर्ने सामान्य मिर्गौला सम्बन्धी समस्याहरू के-के हुन् ? कुन उमेर समूह र काम गर्ने पृष्ठभूमिका व्यक्तिहरूमा यी समस्याहरू बढी देखापरेका छन् ?

विभिन्न उमेर समूहका व्यक्तिहरू भिन्न प्रकारका मिर्गौला समस्याबाट प्रभावित हुने गर्दछन्। बच्चाहरूमा प्रायः जन्मजात आउने मिर्गौला रोगको प्रभाव हुन्छ, जबकि वृद्धवृद्धाहरू मधुमेह र उच्च रक्तचापसँग सम्बन्धित मिर्गौला समस्याबाट पीडित हुने गर्छन्। २० देखि ४० वर्ष

उमेर समूहका युवामा प्रायः प्रोटीन चुहावटका कारण मिर्गौलासम्बन्धी समस्या देखिएको छ। २० वर्षदेखि वृद्ध समूहका केही व्यक्तिहरू पिसाब संक्रमणका कारणले हुने मिर्गौला क्षतिको समस्यामा हुन्छन् भने, केहीमा वंशाणुगत कारणले मिर्गौला रोग देखिएको छ। त्यस्तै, ४० वर्षभन्दा माथिका व्यक्तिहरू प्रायः उच्च रक्तचाप र मधुमेहका कारण मिर्गौला क्षतिबाट प्रभावित हुने गर्छन्।

यदि हामीले डायलिसिस र प्रत्यारोपणको लागि अस्पतालमा आउने बिरामीहरूको इतिहास हेर्ने हो भने, यहाँ आउनुहुने एक तिहाइ व्यक्तिहरू कुनै न कुनै समयमा आप्रवासी कामदारका रूपमा विदेशमा कार्यरत भएको पाइएको छ।

हाल देशभर ३० लाख भन्दा बढी व्यक्तिहरूमा कुनै न कुनै मिर्गौलासम्बन्धी समस्या छ भने, प्रत्येक वर्ष ३००० जनामा दुबै मिर्गौला फेल हुने समस्या देखिएको छ। वहाँहरूलाई बेलैमा डायलिसिस वा प्रत्यारोपण सेवा उपलब्ध भएन भने वहाँहरूको जीवन उच्च जोखिममा हुन सक्दछ।

आयआर्जनका लागि वैदेशिक रोजगारीमा रहेका नेपालीहरूमा मिर्गौलासम्बन्धी समस्याहरू कतिको बढ्दै गएको देख्नुहुन्छ ?

पछिल्लो समय नेपालमा स्वास्थ्य संरचनामा राम्रो सुधार आएको छ, जसका कारण स्वास्थ्य जाँचमा मानिसहरूको पहुँच उल्लेखनीय रूपमा वृद्धि भएको छ। यस कारणले गर्दा विभिन्न स्वास्थ्य समस्याहरूको स्क्रानिङ तीव्र गतिमा बढेको छ र जसले गर्दा रोग पत्ता लाग्ने क्रम बढेको छ। यसरी मिर्गौला रोगीको संख्या बढ्दै गएको पाइएको छ।

शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्रले वर्षमा २०० जनाको मिर्गौला प्रत्यारोपण गर्दै दैनिक २५० मिर्गौला रोगीहरूलाई डायलिसिस सेवा दिँदै आएको छ। हामीले हाम्रो अध्ययनअनुसार यहाँ मिर्गौला प्रत्यारोपण र डायलिसिस सेवाका लागि आउनु हुने एक तिहाइ व्यक्ति वैदेशिक रोजगारमा काम गर्नुभएको पाएका छौं। हामीले गरेको अध्ययनअनुसार लगभग ६०-७० % हामीकहाँ उपचारका लागि आउनुहुने बिरामीहरू आफ्नो जीवनकालमा कम्तीमा एक पटक वैदेशिक रोजगारमा रहनु भएको छ।

हाम्रो शोधअनुसार, डायलिसिस गराइहेका बिरामीहरूमध्ये २७.४% ले विदेशमा काम गरेका थिए भने मिर्गौला प्रत्यारोपण गराएका बिरामीहरूमध्ये २८.९% प्रवासी श्रमिक थिए। डायलिसिस गराइहेका ९५.८% पुरुष र ४.२% महिला थिए जसमा १९-३९ वर्ष उमेर समूहका बिरामीहरू ५४.२% थिए। प्रवासि कामदारहरूले औसतमा ६.९ वर्ष विदेशमा कार्यरत रहँदा, ५०% व्यक्तिहरूको केसहरूमा नेपाल फर्किनु अघि नै दीर्घकालीन मुर्गौला रोग ('क्रोनिक किड्नी डिजिज') को पहिचान भइसकेको थियो।

देशअनुसार डायलिसिस बिरामीहरू साउदीअरब २७.२%, कतार २०.४%, मलेशिया १८.९%, यु. ए. ई. १४.८%, भारत १०.३%, कुवेत ३.३% र अन्य ५.१% हुनु हुन्थ्यो भने प्रत्यारोपणको लागि कतार २५%, यु. ए. ई. २१%, मलेशिया १२%, साउदी अरब ९%, भारत ७%, कुवेत ३% रहनु भएको थियो।



नेपालको पहिलो कलेजो प्रत्यारोपण सर्जन डा. पुकार कलेजो प्रत्यारोपण गर्नुहुँदै ।

मध्यपूर्वी क्षेत्रका देश काम गर्ने वैदेशिक रोजगारीमा आउने मिर्गौलासम्बन्धी समस्याको प्रमुख कारणहरु के हुन् ?

शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्रमा आउनु हुने बिरामीहरूमा हामीले गरेको हाम्रो अध्ययन अनुसार वैदेशिक रोजगारीमा काम गर्नुहुने नेपालीहरूमा विभिन्न कारणहरूले गर्दा मिर्गौला रोगको समस्या बढ्दो क्रममा छ । सर्वप्रथम गर्मिमा काम गर्नु पर्ने बाध्यताका कारणले गर्दा मिर्गौला रोगको समस्या बढेको छ । ४०% प्रत्यारोपण र २७.१% डायलिसिस बिरामीहरू ४१-५० डिग्री सेल्सियस तापक्रमको घाममा काम गर्नेहरू हुनुहुन्छ । यसै गरी १५% प्रत्यारोपितहरू ५१ डिग्री सेल्सियस तापक्रम र सोभन्दा माथिको तापक्रममा काम गर्नेहरू पाइएको छ । तुलनात्मक रूपमा नेपालको चिसो ठाउँबाट मध्यपूर्वी देशहरूको तातो वातावरणमा काम गर्न जान बाध्य अधिकांश नेपालीहरूले तरल पदार्थ र इलेक्ट्रोलाइटको असन्तुलनका कारण मिर्गौला सम्बन्धी समस्याहरूको सामना गर्नुपरेको छ ।

त्यसैगरी, कार्यसमयका हिसाबले पनि लामो समय सम्म काम गर्नुपर्ने बाध्यता समेत भएकोले पनि मिर्गौला सम्बन्धी समस्याहरू बढ्नुको कारण रहेको पाईएको छ । उपचार गर्न आउनुहुने ५०% बिरामीहरूले ९ देखि १२ घण्टाभन्दा बढी समय सम्म काम गर्नु बाध्यता भएको पाएका छौं । लामो अवधि सम्म श्रमिकले काम गर्दा शरीरमा आउने प्रतिकूल असरले मिर्गौलामा समस्या ल्याएको छ भने स्वास्थ्यसम्बन्धी व्यवहार हेर्दा ४०% ले प्रायः आफ्नो डिउटीमा पिउन मन लागे पनि केही न केही बाध्यताले पानी नपिउने, ४०.७% को पिसाब रोक्ने बानीले गर्दा पनि मिर्गौला रोगको समस्या भोग्नुपरेको छ । यी सबै कारण सँगसँगै दिनभरि अत्याधिक गर्मीमा काम गरेर रातभरि एसीको चिसोमा सुत्ने बानीले शरीरमा हुने तापक्रमको असन्तुलनका कारण फिजियोलोजीमा हुने नकारात्मक असर परी तरल पदार्थ र इलेक्ट्रोलाइटमा गम्भीर असन्तुलनका कारण तत्काल मृत्यु हुने गरेको पनि पाएका छौं ।

तापाईंको विचारमा मध्यपूर्वी देशमा

कार्यरत रहँदा नेपाली कामदारहरूले आफ्नो मिर्गौला स्वस्थ राख्न के-कस्ता विशेष कुराहरूमा ध्यान दिन जरुरी हुन्छ ?

यहाँ बाट विदेश जाँदा वहाँहरू कस्तो वातावरणमा काम गर्नु पर्छ, काम गर्ने ठाँउमा गर्न पाउने र गर्न नपाउने कुराहरू के के हुन् र त्यस्ता कुराहरूबाट कसरी जोगिने भन्ने जस्ता कुराहरू बारे हामीले वहाँहरूलाई विदेश जानुअघि नै सचेत गर्न पाएको भए यस्तो दुर्घटनाहरू बेहोर्नु पर्दैन थियो होला । विदेश गएको ६ महिना वा एक वर्ष नबित्दै दुबै मिर्गौला फेल भएर ठूलो संख्यामा मानिसहरू फर्किनु भनेको निकै नै गम्भीर कुरा हो । यदि हामीले वहाँहरूलाई काम गर्ने परिस्थिति र वातावरणको बारेमा तालिम दिई गर्न मिल्ने उपयुक्त काममा मात्र विदेश पठाएको भए यस्ता समस्याहरू आउँदैन थियो होला । यहाँबाट जाँदा स्वास्थ्य अभिमुखीकरण तालिमद्वारा पनि सचेतना दिनु जरुरी छ । त्यसै गरी, विदेश जाने व्यक्तिहरू आफैं पनि आफ्नो स्वास्थ्य बारे सचेत रहनु महत्वपूर्ण हुन्छ । आफ्ना समस्याहरू जान्न वहाँहरूले नियमित

स्वास्थ्य परीक्षण गर्नुपर्छ । वहाँहरूले पैसा खर्च हुन्छ भनेर स्वास्थ्य परीक्षण नगरी समस्याहरूलाई दबाएर राख्ने, पैसा जोगाउन पानी नपिउने गर्नु हुदैन । पानीको सट्टा इनर्जी पेय पदार्थ र फास्ट फुडहरू खाने बानीले पनि स्वास्थ्यमा नकारात्मक असर गर्छ । सामान्य स्वास्थ्य समस्या हुँदा पनि उपचार नगरी दुबै मिर्गौला बिग्रिएर नेपाल फर्किन बाध्य बनाइन्छ । यसले गर्दा वहाँहरू ऋण नतिरी फर्कनु पर्ने र परिवारले पनि दुःख भोग्नु पर्ने अवस्थाको सिर्जना हुन्छ । त्यसैले विदेशमा काम गर्ने कामदारहरू उच्च तापक्रम, लामो कार्यसमय, र पर्याप्त पानी नपिउने अवस्थाबाट प्रभावित छन् । भविष्यमा, कार्यस्थल मूल्याङ्कन, आहार, औषधि सेवनको विस्तृत अध्ययन गरेर मात्र विदेश पठाउन आवश्यक देखिन्छ । जोखिम पहिचानपछि नियमित स्वास्थ्य परीक्षण अनिवार्य गर्नुपर्नेछ । साथै, प्रवासी कामदारहरूलाई प्रस्थानपूर्व पेशागत सुरक्षासम्बन्धी प्रशिक्षण र विदेश जानुअघि वैदेशिक रोजगारमा पठाउने कम्पनीले विस्तृत स्वास्थ्य परीक्षण अनिवार्य गरेर मात्रै पठाउनु पर्छ । यो विषयमा निकायको पनि महत्वपूर्ण भूमिका छ । आफ्नो स्वास्थ्यबारे विदेशमा काम गर्न जाने भाइबहिनीहरू आफै पनि सचेत भई शरीर अनुकूल गर्न सक्ने काम गर्न मात्र जानु उचित हुन्छ ।

हामीले हाम्रो मिर्गौलाको स्वास्थ्य

अवस्थाबारे सचेत रहन कति

अन्तरालमा आफ्नो स्वास्थ्यपरीक्षण गर्न आवश्यक हुन्छ ?

एक स्वस्थ व्यक्तिले कम्तीमा पनि वर्षमा एक पटक आफ्नो मिर्गौलाको राम्ररी जाँच गराउन महत्वपूर्ण हुन्छ । हाम्रो मिर्गौलामा ९० % समस्या आएपछि मात्रै लक्षण देखिन्छ । त्यसैले, यदि हामी कुनै लक्षण नदेखिँदासम्म हामी ठीक छौं भन्ने आशामा चेकअपको लागि गएनौं भने हाम्रो मिर्गौलामा ९०% क्षति भइसकेको हुन सक्दछ । उपचारभन्दा रोकथाम राम्रो हुन्छ, त्यसैले लापरवाही गरेर पीडा भोग्नु भन्दा समयमै वर्षमा एक पटक जाँच गराउनु बुद्धिमानी हुन्छ । त्यसैगरी, उच्च रक्तचाप र मधुमेहको समस्या भएका व्यक्तिहरूले थप सावधानी अपनाउनुपर्छ ।

मधुमेहले विशेष गरी हाम्रा धेरै अंगहरूलाई क्षति पुर्‍याउँछ । त्यसैले, यस्तो स्वास्थ्य समस्या भएका व्यक्तिहरूले थप सावधानी अपनाउनुपर्छ र प्रत्येक ६ महिनामा जाँच गराउन जानुपर्छ । मिर्गौला परीक्षण देशभरका सबै प्रमुख अस्पतालहरू, निजी तथा सार्वजनिक चिकित्सा सुविधायुक्त अस्पतालहरूमा उपलब्ध छन् । हाम्रो पिसाबमा प्रोटिन चुहावट छ कि छैन भनेर जाँच गर्न डिपस्टिक परीक्षण र रगतमा क्रेटिनेनको (Creatinine) मात्रा जाँच हामी गर्न सक्छौं । यो परीक्षणको लागत केवल रु. १०० पर्छ । त्यसै गरी, भिडियो एक्सरे र अल्ट्रासाउण्ड परीक्षणबाट हामीले हाम्रो मिर्गौलाको आकार र पत्थरी सम्बन्धी थाहा पाउन सक्छौं । यसको अतिरिक्त हामी साधारण मिर्गौला सम्बन्धी पिसाब र रगत परीक्षण गर्न सक्छौं । यी सबै आधारभूत परीक्षणहरू हुन् जुन देशभरका आधारभूत सुविधा प्राप्त हुने प्रमुख अस्पतालहरूमा सजिलै उपलब्ध छन् ।

मिर्गौलासम्बन्धी समस्याहरू

भोगिरहेका व्यक्तिहरूका लागि

नेपालमा उपचारका विकल्पहरू के-के छन् र तिनीहरू कतिको उपलब्ध छन् ?

वर्तमान सन्दर्भमा नेपालको स्वास्थ्य संरचना मिर्गौला स्वास्थ्य उपचारको सबै समस्याहरूको समाधान गर्न पर्याप्त रूपले राम्रो छ । डायलिसिस र प्रत्यारोपण सुविधाहरूको साथै कतिपय उपचारहरू निःशुल्क रूपमा उपलब्ध छन् । यसले गर्दा सेवाहरू पनि देशभर बिस्तार भएका छन् । डायलिसिस सुविधा हाल प्रत्येक जिल्लामा उपलब्ध छ भने शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्रबाट हामीले तीन वटा प्रदेशमा प्रत्यारोपण सुरु गरिसकेका छौं । बिस्तारै हरेक प्रदेशमा लैजाने तयारी गरिरहेका छौं । आज नेपालीहरू स्वास्थ्य उपचारको लागि विदेश जानु पर्दैन । हामीसँग अहिले सुविधासम्पन्न स्वास्थ्य संरचनाहरू छन् । मिर्गौलाको जुनै पनि समस्या हामी अहिले नेपालमै उपचार गर्न सक्छौं ।

शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण

केन्द्रले मिर्गौलासम्बन्धी समस्या

विशेष गरी वैदेशिक रोजगारीमा

रहेका र आर्थिक चुनौतीको सामना

गरिरहेका व्यक्तिहरूलाई के कस्तो

प्रकारको सहयोग प्रदान गर्दछ ?

शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्र सेवामा आएको १३ वर्ष भयो र हामीले अहिलेसम्म १३७८ जनाको मिर्गौला र ३३ जनाको कलेजो प्रत्यारोपण गरिसकेका छौं । यसै गरी, हाल हामीले वर्षमा २०० जनाको निःशुल्क मिर्गौला प्रत्यारोपण गर्दै दैनिक २५० जनालाई निशुल्क डायलिसिस सेवा दिदै आएका छौं । हामीले तीन वटा प्रदेशमा प्रत्यारोपण सुरु गरिसकेका छौं । यस केन्द्रलाई बिस्तार गर्न सक्ने हामीले १ वर्षमा १००० जना सम्मको मिर्गौला प्रत्यारोपण यहीँ नै गर्न सक्छौं । हामी विदेशमा काम गर्ने नेपालीहरूलाई सम्पर्क गर्न र आफ्नो स्वास्थ्य अवस्थाको बारेमा सजिलै सोधपुछ गर्नका लागि मद्दत गर्न निःशुल्क 'टोल फ्री' टेलिफोन सुचारु गर्ने क्रममा छौं । हामीले मिर्गौला रोगबाट पीडित आप्रवासी कामदारहरूका लागि नर्सि रोग अन्तर्गत एक समर्पित स्वास्थ्य क्लिनिक सञ्चालन गर्ने प्रस्तावसमेत अघि सारेका छौं । उक्त कार्यक्रम अन्तर्गत प्रस्थानपूर्व आप्रवासी कामदारहरूको लागि स्वास्थ्य अभिमुखीकरण सत्र र स्वास्थ्य सचेतनासम्बन्धी पुस्तिकाहरू प्रदान गर्ने उद्देश्यका साथ स्वास्थ्य मन्त्रालय र श्रम मन्त्रालयसँग प्रस्ताव गरेका छौं । योजना पनि बनाइरहेका छौं । हाम्रो प्रस्तावप्रति नेपाल सरकार सकारात्मक छ र योजनाहरू बिस्तारै अगाडि बढिरहेका छन् ।

नेपालको लागि ठूलो हिस्सा आम्दानी गरिदिने वैदेशिक रोजगारमा रहेका र फर्केका दाजुभाई र दिदिबहिनीहरूको लागि स्वास्थ्य प्रति हामी सबैको चासो हुनु अत्यन्त जरुरी छ ।

शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्र, भक्तपुर

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MUST-DO ACTIVITIES: WHILE VISITING **MALAYSIA**



Hey folks! when you think of Malaysia, what's that come-up in your mind? I guess most of us usually visualize the iconic Petronas Twin Tower, or the Sea Shore of Langkawi. Oh no! if you didn't notice, I spell Petronas wrong, maybe we should definitely visit this place.

Meanwhile, people share Malaysia has so much to offer, from natural beauty, rich culture, and modern attractions. This tropical country has something for everyone-nature lover, a food enthusiast, or a history buff. In fact, Malaysia mesmerized many of our team mates with its beauty. They shared it exceeded all their expectations, making them to be back there again. Though already being there for a week, our pals are already planning their next trip, and believe them, you should consider Malaysia for your next vacation too. Worried about the planning chill! Here we spill the beans on the must-visit places and give you some useful tips to make your trip smooth and enjoyable. Stay with us as we unfold the activities for you.

Explore the Iconic Petronas Twin Towers

No trip to Malaysia is complete without visiting the Petronas Twin Towers in Kuala Lumpur. These iconic

skyscrapers are not only a marvel of modern architecture but also offer stunning panoramic views of the city from the observation deck. Our pals suggest not to miss the night views for an even more breathtaking experience. And yeah



it is only 90 minutes away from the Kuala Lumpur International airport.

Visit the Batu Caves

Just outside Kuala Lumpur, the Batu Caves are a series of limestone caves and temples that are a significant Hindu pilgrimage site. Climb the 272 steps to the top for a rewarding view and a spiritual experience. The journey is as enriching as the destination. A 32 minutes cab ride from Petronas will land you to this manmade marvel.

Indulge in Malaysian Cuisine

You must be thinking what to do when you get hungry exploring the cities! Don't worry—Malaysia is a food lover's paradise offering unique experience. From the rich, spicy curries of Penang to the mouthwatering street food of Kuala Lumpur, there's plenty to indulge in. Malaysia's culinary scene left our colleague Bibek spellbound, offering an incredible array of flavors from ingredient selection to mouthwatering curries. He shares specially the food customization option was something he had never experience before. Another colleague, Semanta from the Cabin Crew team, specially recommends exploring the bustling food streets in Bangsar, Jalan Kampung Baru and Bukit Bintang for an authentic culinary experience. Likewise, some colleague recommends to not miss on the lively food scene of Petaling. And if you're craving traditional Malay cuisine, Jalan Kampung Baru is a must-visit. By the way be sure to try local favourites like nasi lemak, satay, and char kway teow.

Relax on the Pristine Beaches of Langkawi

If you are a sea loving person then Langkawi is something that you should not miss out on. This place is a tropical paradise with crystal-clear

waters and white sandy beaches. Here, you can spend your days lounging by the shore, snorkeling, or exploring the island's many natural wonders. For a unique experience, our colleague Bibek recommend you to take an island-hopping tour to discover hidden gems and enjoy wildlife encounters. He shares, Langkawi is also famous for exploring tangles of the Mangrove forest and enjoy exotic seafoods.



Discover the Rich History of Malacca

Malacca is a UNESCO World Heritage site filled with historical landmarks and colonial architecture. Here, you can visit the Stadthuys, the Dutch Square, and the A Famosa Fort to immerse yourself in the city's rich history. They say each corner of Malacca tells a story of centuries-old traditions.

Hike to the Summit of Mount Kinabalu

For the adventure enthusiast, Mount Kinabalu offers a challenging yet rewarding hike. You should reach the summit to get your reward, which is breathtaking views of the Malaysian landscape at sunrise. Our friends who were there loved the view so much that they even change their profile picture with the photo they clicked at the top. It's a perfect blend of nature and achievement.

Experience the Borneo Rainforest

Our pals suggested travelling to Sabah or Sarawak to explore the ancient rainforests of Borneo. The Borneo rainforest is a nature lover's dream. Here you will get to see exotic wildlife, also visit orangutan sanctuaries, and stay in eco-friendly lodges for a truly immersive experience.

Explore the Cultural Melting Pot of Penang

Penang is known for its rich cultural heritage and





vibrant street art. Another colleague from HR, Bidhan, who visited Penang with his wife during their honeymoon trip, recommends wandering through the narrow streets of Georgetown. One should also visit the Penang Hill, and explore the many museums and temples, he suggested. Likewise, his wife recommends not to miss the local food scene, especially the famous Penang street food.

Shop till You Drop in Kuala Lumpur

Kuala Lumpur is a shopper's paradise with a wide range of shopping malls and markets. Meghana, another colleague is an avid shopper and she suggest you to visit the Pavilion KL, Suria KLCC, and



Bonus Tips

- **Genting Highlands:** Take a scenic cable car ride to Genting Highlands for thrilling attractions, shopping, and entertainment. It's a perfect day trip from KL.
- **KLCC Park:** Enjoy a leisurely stroll or a picnic at KLCC Park, located at the base of the Petronas Twin Towers.
- **Butterfly Park:** Visit the Butterfly Park in Kuala Lumpur for a unique experience with a variety of butterflies and exotic plants.
- **Saloma Bridge:** Capture stunning photos of the city from Saloma Bridge, offering picturesque views of the KL skyline.
- **Ceylonz Suites:** Book a lavish stay in Bukit Bintang, the heart of Kuala Lumpur. This spacious apartment features a rooftop pool, sky bar, and fully equipped kitchens all at a reasonable price.

Central Market for a mix of high-end brands and local crafts. She shares, whether you're looking for luxury items or unique souvenirs, KL has it all. Additionally, Heena, our avid travelling team mates recommends Petaling Street to buy things at bargain price.

Experience the Nightlife of KL

For party lovers Heena shares one can make the most of the night time with a bang by exploring the vibrant nightlife of Kuala Lumpur. She suggests to visit rooftop bars like SkyBar at the Traders Hotel, or head to the trendy bars and clubs in Bangsar and Bukit Bintang. The city comes alive at night, offering a perfect blend of relaxation and excitement, she added.

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नेपालले उदाउँदा खेलाडीहरूमा लगानी गर्न आवश्यक छ

■ अनिल गुरुङ



अनिल गुरुङ नेपाली फुटबलको एक प्रतिष्ठित नाम हो । पूर्व राष्ट्रिय कप्तानका रूपमा उनले लामो समयसम्म राष्ट्रिय टोलीका लागि खेल्दै पहिलो नेपाली खेलाडीका रूपमा विदेशी लिगमा खेल्ने अवसर पाए । अनिलले नेपाली फुटबललाई अन्तर्राष्ट्रिय स्तरमा चिनाउन महत्वपूर्ण योगदान दिएका छन् । उनले क्लब र राष्ट्रिय दुवै स्तरमा उत्कृष्ट प्रदर्शन गर्दै नेपाली फुटबलमा गहिरो छाप छोडेका छन् । नेपाली फुटबलको समग्र विकास, पूर्वाधार तथा खेलको भविष्यबारे हामीले वहाँसँग कुरा गर्ने अवसर पाएका थियौं । प्रस्तुत छ उक्त अन्तर्वार्ताका केही अंशहरू :

नेपाली राष्ट्रिय फुटबल टोलीको पूर्व कप्तानको रूपमा, तपाईं नेपाली फुटबलको वर्तमान अवस्थालाई कसरी हेर्नुहुन्छ ?

नेपाल राष्ट्रिय फुटबल टोलीका पूर्व कप्तानको रूपमा, म नेपाली फुटबलको वर्तमान अवस्थालाई चिन्ताजनक रूपमा हेर्छु । सानै उमेरदेखि फुटबल खेल्दै आएको व्यक्तिको नाताले, म नेपाली फुटबलको इतिहाससँग राम्ररी परिचित छु । दुर्भाग्यवश, हाल नेपाली फुटबल पछाडि परिरहेको छ । नेपाली फुटबलको मेरुदण्ड मानिने शहीद स्मारक लिग समयमा आयोजना भइरहेको छैन, र किन स्थगित भएको हो भन्ने विषयमा स्पष्टता छैन । कहिलेकाहीँ गोल्ड-कप प्रतियोगिताहरू आयोजना गरिन्छन्, तर जति गोल्ड-कप भए पनि नेपाली खेलाडीहरूले ती प्रतियोगिताहरूमा मात्र भर पर्न सक्दैनन् । लिग समयमा आयोजना नभएपछि नेपाली फुटबलको स्तर खस्कंदै गएको छ ।

अहिलेका प्रमुख समस्यामध्ये एक हो नेपाली खेलाडीहरूको विदेश जाने बढ्दो संख्या । खेलाडीहरू पहिलेदेखि नै विदेश जाने गरेका

पछिल्लो समय नेपाली महिला फुटबल टोलीले पुरुष टोलीको तुलनामा उल्लेखनीय रूपमा राम्रो प्रदर्शन गरेको देखिन्छ । महिला फुटबलको राम्रो प्रदर्शनमा के-कस्ता कुराले साथ दिएको छ जस्तो तपाईंलाई लाग्छ ?

महिला लिगको इतिहास हेर्दा, उनीहरूको प्रदर्शनमा उल्लेखनीय सुधार आएको छ । पहिले निकै कम लिगहरू आयोजना गरिन्थे, तर आज नेपाली महिला फुटबल टोलीलाई तीन विभागीय टोलीहरूले समर्थन गरिरहेका छन् । यिनै विभागीय टोलीका खेलाडीहरू र राष्ट्रिय टोलीको मेरुदण्ड बनेका छन् । विगतमा ग्रामीण क्षेत्रका खेलाडीहरू टोलीको मुख्य हिस्सा हुन्थे, तर अहिले स्थिति सुधार भएको छ । महिला टोलीका खेलहरू पनि स्थिर रूपमा भइरहेको छ, जसमा अन्तर्राष्ट्रिय मैत्रीपूर्ण खेलहरू र विभिन्न प्रतियोगिताहरू समावेश छन् । उदाहरणका लागि, सार्क खेलहरू प्रत्येक दुई वर्षमा आयोजना गरिन्छ । महिला फुटबलको वातावरण अहिले निकै सकारात्मक छ, र खेल्ने शैली पनि उल्लेखनीय रूपमा विकसित



थिए, तर सामान्यतया ३० वा ३५ वर्षको उमेरमा, आफ्नो करियरको शिखरमा पुगेपछि मात्र जाने गर्दथे । तर आज, १८-२२ वर्षका युवा खेलाडीहरू नै विदेश जान थालेका छन्, जुन उनीहरूको करियरको उत्कर्षमा पुग्ने समय हो । एक खेलाडीले राष्ट्रिय स्तरमा भण्डै १० वर्षसम्म खेल्न सक्छ, तर लिग समयमा आयोजना नभएकै कारण धेरै खेलाडीहरू आफ्नो डेब्यूपछि नै करियर छोड्न बाध्य छन् ।

लिगहरू समयमै सञ्चालन भएनन् भने खेलाडीहरूको दीर्घकालीन आमदानीको स्रोत पनि गुम्ने खतरा हुन्छ । यदि लिग ६-७ महिनासम्म चल्थो भने, खेलाडीहरूले विदेशमा अवसर खोज्नुको सट्टा नेपालमै फुटबल खेल्नमा ध्यान केन्द्रित गर्न सक्नेछन् । हाल मोफसल फुटबलजस्ता प्रतियोगिताहरू मात्र आयोजना हुन्छन्, तर ती पनि २-३ महिनाका लागि मात्र रहन्छन्, र त्यसपछि केही महिनाको ब्रेक हुन्छ, जसले खेलाडीहरूको निरन्तरतालाई भन्नु अवरुद्ध गर्छ । यसको परिणामस्वरूप, धेरै खेलाडीहरू आफ्नो चरम क्षमतामा पुग्नअघि नै फुटबल छोड्न बाध्य भइरहेका छन्, जसले नेपाली फुटबलको स्थायित्वमा गम्भीर असर पारिरहेको छ ।

हुँदैन । यसको प्रमाण डिजिटल प्लेटफर्महरूमा देख्न सकिन्छ, साथै केही खेलाडीहरू युरोपमा खेलिरहेका छन्, जसले नेपाली महिला फुटबललाई अन्तर्राष्ट्रिय स्तरमा चिनाउन मद्दत पुऱ्याइरहेको छ । हाल नेपाली महिला टोली नेपाली फुटबलको एउटा मुख्य आधार बनेको छ । जहाँ गए पनि मानिसहरू महिला टोलीका खेलाडीहरूबारे चर्चा गरिरहेका हुन्छन् । प्रीति राई, साम्बा, एन्जला, अञ्जना जस्ता खेलाडीहरू मात्र होइन, सम्पूर्ण टोली नै धेरैको प्रशंसा योग्य बनेको छ । टोलीभित्रको एकता उनीहरूको सफलताको महत्वपूर्ण कारक हो । थप रूपमा, प्रशिक्षकको भूमिकासमेत महत्वपूर्ण रहँदै आएको छ । विगतमा कोचिड स्टाफमा धेरै परिवर्तनहरू भए पनि, अहिलेका प्रशिक्षक राजेन्द्र तामाङले उत्कृष्ट काम गरिरहेका छन् भन्नेमा मलाई दृढ विश्वास छ ।

खेलाडीको रूपमा अवकाश लिएपछि तपाईं हालका वर्षहरूमा फुटबल संग कसरी संलग्न हुनुहुन्छ ?

म कहिल्यै फुटबलबाट टाढा हुन सकिदैन । मैले १२ वर्षको उमेरदेखि

फुटबल खेल्लै आएको छु। कतिपय अवस्थामा लगातार हार्दा निराश भएर विदेश जाने सोच पनि आएको थियो। तर, मैले धैर्य राखें, परिस्थिति सुधार हुन्छ भन्ने विश्वास राखें र बिस्तारै अगाडि बढ्दै गएँ।

अहिले पनि म फुटबलसँगै जोडिएको छु, विशेष गरी मेरो AG 10 फुटबल एकेडेमीमार्फत, जुन ग्रासरुट फुटबलको विकासमा केन्द्रित छ। तीन वर्षदेखि म यसलाई सञ्चालन गरिरहेको छु। एकेडेमीका बच्चाहरूसँग समय बिताउँदा म निकै खुशी र सन्तुष्ट महसुस गर्छु; उनीहरूलाई प्रशिक्षण दिने क्रममा समय कसरी बित्छ पत्तै हुँदैन। हामीले जानेका कुरा उनीहरूलाई सिकाउँछौं, र उनीहरूको प्रगति देख्दा खुशीसँगै ठूलो आशा लाग्छ।

हाम्रो लक्ष्य यस पहललाई दीर्घकालीन बनाउनु हो। अहिले उपयुक्त खेलमैदानको अभाव हाम्रो प्रमुख चुनौती हो तर हामी त्यसलाई सुधार गर्न निरन्तर लागिपरेका छौं।

नेपाली पुरुष र महिला दुवै टोलीले सामना गर्नुपरेको कमजोरी वा अवरोध तपाईंलाई के हो जस्तो लाग्छ ? टोलीको लागि तपाईंको सुझाव के छन ?

महिला टिमले १३ पटक फाइनलमा पुगेर पनि जित्न सकेको छैन। म फुटबल महासंघलाई यस कुरामा राम्ररी ध्यान दिनु भन्न चाहन्छु। हामी पटक-पटक फाइनलसम्म पुग्छौं तर जित्न सक्दैनौं यसको मुख्य कारण पर्याप्त प्रशिक्षण समयको अभाव हो। केवल दुई हप्ताको प्रशिक्षणले ठूलै प्रगति गर्न सम्भव हुँदैन। यस्तो छोटो अवधिमा हामी छनोट, फिटनेस वा रणनीतिमा ध्यान कसरी दिने ? यदि महासंघको लक्ष्य विश्वकपमा पुग्ने हो भने ठूलो लगानी आवश्यक छ। धेरै देशहरू विश्वकप पुग्न ठूलो रकम खर्च गर्छन्, तर तिनीहरू पनि सफल हुँदैनन्। त्यसैले, केवल हामी विश्वकप पुग्न चाहन्छौं भनेर भन्दैमा मात्र पुगिँदैन। हामीले उदाउँदा खेलाडीहरूमा अनुसन्धान र लगानी गर्न आवश्यक छ।

आगामी साफ प्रतियोगिताका लागि महिला टिमलाई कम्तीमा दुई महिनाको प्रशिक्षणको व्यवस्था गर्नुपर्छ र यो प्रशिक्षकको मुख्य प्राथमिकता बनुपर्छ। साथै, हाम्रोभन्दा बलियो टिमहरूसँग बारम्बार अन्तर्राष्ट्रिय मैत्रीपूर्ण खेल खेल्न सके महिला टिमलाई दक्षिण एसियाली फाइनल जित्ने वास्तविक अवसर मिल्नेछ।

जहाँसम्म पुरुष टिमको कुरा छ, मुख्य ध्यान खेलाडीहरूको निरन्तरता कायम राख्नमा दिनुपर्छ। महासंघले यो विषयलाई गम्भीर रूपमा बुझ्न आवश्यक छ।

एसियाली कप, टी-२० विश्वकप र नेपाल प्रिमियर लिगको सफलतासँगै नेपाली क्रिकेटको क्रैज अत्यधिक बढेको छ । यस अवस्थामा एन्फाले उपलब्ध स्रोतसाधनको प्रयोग गरेर नेपाली फुटबललाई माथि उठाउन क्यानबाट के सिक्न सक्छ ?

नेपालमा फुटबलको प्रमुख चुनौती सीमित पूर्वाधार र खेलमैदानको

अभाव हो। रंगशाला केवल काठमाडौँमा मात्र होइन, सबै प्रदेशमा हुनुपर्छ। हाल सबै क्लब फुटबलहरू – सी, बी, र ए डिभिजन, काठमाडौँमा केन्द्रित छन्, जसले उपत्यका बाहिरका खेलाडीहरूलाई यहाँ आउन बाध्य बनाउँछ। जबसम्म हामी उचित खेल पूर्वाधार, एकेडेमीहरू र प्रशिक्षण केन्द्रहरूमा लगानी गर्न र तिनको व्यवस्थापन गर्न सक्दैनौं, नेपालमा फुटबलको स्तर सुधार गर्न निकै कठिन हुनेछ। भविष्यका खेलाडीहरूलाई विकास गर्न आधारभूत तहबाटै काम गर्न आवश्यक छ। यदि आधारभूत स्तर बलियो भएन भने, हामी सफल राष्ट्रिय टिम निर्माण गर्न सक्दैनौं।

युवाहरू भविष्य हुन् र हरेक देश र बासिलोनाजस्ता सफल क्लबहरूले पनि युवाहरूमा धेरै लगानी गर्छन् । नेपालले पनि भविष्यमा सफल टोली निर्माण गर्न यस पक्षमा कसरी ध्यान दिन सक्छ ?

अतितमा नेपाल फुटबल संघको एउटा मात्र एकेडेमी थियो, जसले १४, १६, र १९ उमेर समूहका खेलाडीहरूलाई विभिन्न जिल्लाबाट छनोट गर्ने काम गर्थ्यो। तर, यो प्रणाली बन्द भएपछि नयाँ खेलाडीहरू आउने अवस्था सिर्जनामा अवरोध भएको छ। त्यसैले, एन्फाले यो प्रणाली पुनः लागू गरेर देशभरका उत्कृष्ट खेलाडीहरू छनोट गर्नुपर्छ।

हाल, केही गिनेचुनेका एकेडेमीका खेलाडीहरू मात्र राष्ट्रिय टिमसम्म पुग्न सफल भएका छन्, जस्तै अनन्त तामाङ र अन्जन बिष्ट। यदि यस्ता खेलाडीहरू विदेश गए भने हामीसँग प्रतिभाको अभाव हुनेछ। त्यसैले, विभिन्न क्षेत्रहरूमा थप एकेडेमीहरू स्थापना गरी खेलाडीहरूलाई दीर्घकालीन रूपमा तयार पार्न आवश्यक छ। यसै गरी, राष्ट्रिय स्तरमा फुटबलमा थप लगानी आवश्यक छ। सबैले नतिजामा मात्र ध्यान दिन्छन् तर पूर्वाधार वा खेल विकासमा लगानी गरिएको छैन। उदाहरणका लागि, महिला टोली धेरै पटक फाइनलमा पुगेर पनि जित्न सकेको छैन। यसको मुख्य कारण भनेकै आवश्यक पूर्वाधार र लगानीको अभाव हो। राष्ट्रले यस्ता प्रश्नहरू उठाएर खेलको ग्रासरुट तहबाट विकास गर्न ध्यान दिनुपर्छ।

हाल नेपालमा धेरै निजी एकेडेमीहरू छन् तर तिनलाई व्यवस्थित रूपमा सञ्चालन गर्न आवश्यक छ। प्रशिक्षकहरूको योग्यताको प्रमाणीकरण गरी तिनको स्तर निर्धारण गर्नुपर्नेछ। साथै, विद्यालय स्तरको प्रशिक्षणमा विशेष ध्यान दिई गुणस्तरीय प्रशिक्षण सुनिश्चित गर्नुपर्छ। यसको अनुगमन प्रशिक्षक संघले गर्नुपर्छ। सफल टिम बनाउनका लागि विद्यालय र ग्रासरुट तहका खेलाडीहरूलाई प्राथमिकता दिनुपर्छ।

HIMALAYA MEMORIES



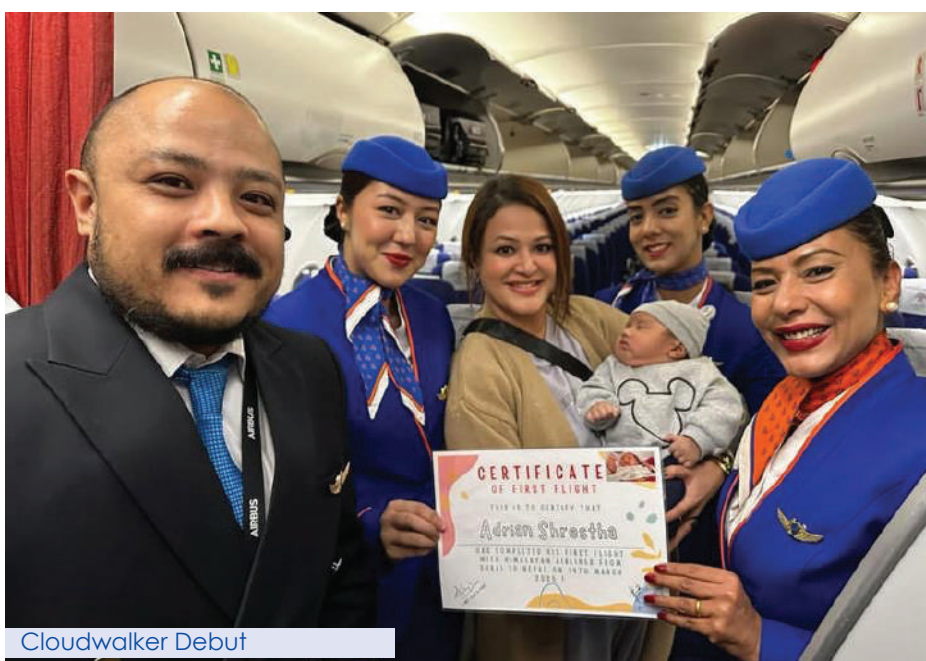
New Year Bliss!



Togetherness



Being Part of history



Cloudwalker Debut



Joy after Landing



Ready to make History



Boudhanath Stupa, a UNESCO World Heritage Site in Boudha, glows beautifully under the golden rays of the spring sun.

Photo By: Yogesh Maharjan



Nepali New Year: A Celebration of History, Culture, and Renewal

Imagine welcoming the New Year, not with winter's chill, but in the vibrant warmth of spring, surrounded by blooming flowers, festive music, and a spirit of renewal. This is what Nepali New Year, or "Nava Barsha," offers—a celebration deeply rooted in history, tradition, and cultural pride. Unlike the January 1st New Year observed worldwide, Nepal follows the Bikram Sambat calendar, ushering in the new year in mid-April, aligning perfectly with nature's cycle of rebirth and prosperity.

The origins of Bikram Sambat stretch back over two millennia to the reign of King Vikramaditya, in Ancient India after whom the calendar is named. Introduced around 57 years Before the Common Era (BCE), it differs from the Gregorian calendar, as it follows a lunisolar cycle, incorporating both solar and lunar movements. This makes the Nepali New Year a unique cultural and astronomical phenomenon, standing as a testament to Nepal's independent heritage. The festival is more than just a date change; it is a symbol of renewal, reflection, and fresh beginnings, allowing people to leave behind the past and step into the future with new hopes and aspirations.



Throughout Nepal, different communities celebrate in their own unique ways, adding to the richness of the occasion. In the historic city of Bhaktapur, the Biska Jatra takes center stage—a fenzied festival featuring chariot processions, tug-of-war battles, and traditional Newar feasts. This ancient tradition, which dates back centuries, symbolizes the triumph of good over evil and the social harmony. Similarly, the Sindoor Jatra in Thimi is a spectacle of colour and joy, where participants throw vermillion powder into the air as a mark of celebration and prosperity. These vibrant festivities showcase Nepal's strong communal ties and cultural diversity, reinforcing the spirit of togetherness that defines the New Year.

Beyond grand celebrations, spirituality plays a vital role in the Nepali New Year. Many devotees visit sacred temples such as Pashupati, Swoyambhu, and Manakamana, offering prayers for good health, success, and happiness. Families clean their homes, prepare special festive delicacies, and gather to share meals, reflecting on the past year and setting new intentions for the future. It is a time to strengthen family bonds, mend relationships, and cultivate social harmony.

The timing of Nepali New Year—coinciding with the harvest season and the arrival of spring—adds to its significance. It marks a new agricultural cycle, a crucial moment for farmers and traders. Traditionally, people offer thanks for a bountiful

harvest and pray for a prosperous year ahead. Even today, many communities hold special fairs, cultural performances, and traditional dances, bringing people together in a shared sense of celebration and hope.

As Nepal modernizes, so too has the way the New Year is celebrated. The festival blends ancient traditions with modern festivities. People are engaged in celebration, music, dance performances, and firework displays. The New Year, in the recent years, has become a popular time for tours and to adventure activities across the nation.

For visitors, experiencing Nepali New Year is a journey into the heart of Nepalese culture—a chance to witness centuries-old traditions, be part of joyful gatherings, and embrace the warm hospitality of the Nepali people. It is a celebration that goes beyond calendars and customs, embodying the timeless values of renewal, unity, and hope.

As Nava Barsha unfolds, Nepal reminds the world that a New Year is not just about changing numbers on a calendar—it is about embracing new beginnings, cherishing the past, and celebrating life in all its colours. Whether through age-old traditions, spiritual practices, or vibrant street festivities, Nepali New Year continues to stand as a living testament to the country's rich heritage and enduring spirit.





A LEAP OF THRILL: OUR TANDEM BUNGEE JUMP AT HIGHGROUND ADVENTURES POKHARA

■ Sichu Manandhar

Some moments in life make our hearts race, our minds reel, and our spirits soar. Our tandem bungee jump at High Ground Adventures Pokhara was one of those experiences—an exhilarating leap into the unknown, filled with fear, excitement, and pure adrenaline.

THE BUILD-UP: ANTICIPATION, DOUBT, AND THE RUSH OF THE UNKNOWN

Standing at the edge of the bungee platform, the world stretched out below us, both thrilling and terrifying. Our hearts pounded in sync, a relentless drumbeat echoing the mix of emotions surging through us. Our hands were clammy, our legs felt like jelly, and a tiny voice in our minds whispered, Are we really doing this? Every instinct screamed to hold back, yet the sheer excitement of the moment pushed us forward. The wind howled around us, the harness tightened against our bodies, and with one last deep breath, we braced ourselves for the ultimate leap into the unknown.

We stood at the edge, peering down into the vast gorge below. The river shimmered under the sunlight, a dazzling yet daunting sight, as if inviting us in while daring us to take the plunge. The jumpers before us had screamed, tumbled through the air, and bounced back with victorious grins. Now, it was our moment to step into the unknown.

The instructor's voice cut through the chaos of

thoughts racing through our minds. "Trust the cord, trust yourself. Embrace the moment." It was easier said than done, but we clung to those words as we took a deep breath, steadying ourselves against the flood of emotions—fear gripping our senses, anticipation coiling tight in our chests, excitement buzzing through our veins, and a strange, almost liberating sense of surrender washing over us.

THE COUNTDOWN BEGAN, EACH SECOND STRETCHING INTO ETERNITY.

"THREE... TWO... ONE... BUNGEE!"

And in that instant, we leaped—into the void, into the rush, into the adventure of a lifetime.

THE FREEFALL: FROM PURE TERROR TO UNMATCHED BLISS

The second we leapt, fear engulfed us like an overwhelming wave. The world flipped upside down, and for a moment, it felt as though our stomachs had disappeared, leaving only the sensation of weightlessness. A scream escaped our lips, but the roaring wind rushed past so quickly that our voices were lost in its fury.

As we plummeted toward the river, everything around us seemed to blur. Time slowed, and our minds, once clouded with dread, suddenly felt crystal clear. In those moments of freefall, there

was no room for hesitation or fear—just the raw, thrilling sensation of letting go. We exchanged a glance midair, eyes wide with a mix of disbelief and exhilaration. The terror that had seized us moments before was replaced with an intense connection, a shared rush that bonded us in the most unexpected way. We were together in this, and nothing else mattered.

Then came the first rebound. The bungee cord stretched and snapped us back up, and the fear melted into something far more exhilarating. We weren't screaming in terror anymore; we were laughing—genuine, carefree laughter that echoed through the sky. Our hearts raced in sync, a beautiful chaos of emotions, and we looked at each other upside down, faces painted with the pure joy of the moment. We were soaring together.

THE AFTERMATH: A BOOST OF CONFIDENCE

Hours after the jump, the adrenaline still pulsed through our veins, but there was something deeper we couldn't ignore—we had faced our fear and overcome it. The experience left us feeling lighter, more alive, and craving even greater adventures. If you've ever wondered whether you should try bungee jumping—do it. It's terrifying, exhilarating, and absolutely unforgettable. And when you do, embrace the fear—because beyond it lies something truly extraordinary.

Would we do it again? Without a second thought.

HIGHGROUND ADVENTURES: AN UNFORGETTABLE EXPERIENCE

HighGround Adventures in Pokhara offers a bungee jumping experience like no other. From start to finish, they provide a truly professional, safe, and exhilarating adventure. The staff's commitment to safety and their enthusiasm make the entire experience feel both secure and thrilling. Every detail is carefully managed, ensuring that all participants can enjoy the jump with peace of mind.

Whether you're a seasoned adventure seeker or someone stepping out of your comfort zone, HighGround Adventures caters to all, with a focus on both excitement and trustworthiness.

I'd like to express my heartfelt thanks to the entire team at HighGround Adventures for making our bungee jump an experience we'll cherish forever. They've earned our trust and our highest recommendation. If you're looking for an adventure that pushes boundaries while ensuring safety and fun, HighGround Adventures is the place to be.



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WhatsApp: +977 9802859139
www.highgroundnepal.com



Safety Alert सावधानी सूचना 安全警示

Passengers **ARE NOT ALLOWED** to use or Charge Power Banks on Board.

जहाजभित्र पावर बैंक प्रयोग र चार्ज गर्न निषेध गरिएको छ ।

乘客不得在船上使用或充电移动电源



H9 Onboard Menu

	Price(NPR)
Instant Tea / Coffee (150ml)	150
Bottled Drinking Water (500ml)	100
Frooti Mango Drink (200ml)	150
Coke/Sprite/Coke Zero (250ml Pet Bottle)	150
Soda (250ml)	150
Party Snacks(40gm)	80
Potato Chips(40gm)	100
Buff Sukuti (50gm)	250
Chicken ko Achar(50gm)	300
Cup Noodles (Wai Wai / Current)	200
Tuborg Can Beer (330ml)	800
Gorkha Can Beer (500ml)	900
G&G Whisky Miniature (90ml)	1000
Vodka Miniature (90ml)	800

*Subject To Regulatory Approval



- Passengers can purchase maximum 4 cans of 330ml beer, or 3 cans of 500ml beer, or 2 miniature bottles of whiskey/vodka. यात्रुहरूले ३३० मिलिलिटरको ४ क्यान बियर, वा ५०० मिलिलिटरको ३ क्यान बियर, वा २ मिनिअर हवीस्की वा भोड्काका बोतलहरू मात्र किन्न पाउनु हुने छ ।
- H9 may refuse to sale alcoholic beverages at the cabin crew's discretion for passenger safety. H9 ले यात्रुको सुरक्षालाई प्राथमिकता दिँदै मदिरा सेवाको बिक्री अस्वीकृत गर्न सक्दछ ।
- For onboard sales we accept/ हामीले अनबोर्ड बिक्रीका लागि NPR, MYR, AED, QAR, USD, SAR, INR, KWD, EUR, GBP, CNY, AUD, JPY र SGD स्वीकार गर्दछौं । Please note: Online payments are not available. कृपया ध्यान दिनुहोस्: अनलाइन भुक्तानी उपलब्ध छैन ।
- All our onboard purchase are non-refundable. खरिद गरिएको सामान फिर्ता हुने छैन ।



From the Streets of Tokha to the World: The Story of Chaku

Hard yet chewy, sweet with a hint of sourness, and intensely sugary, this beloved Newar candy is enjoyed by people of all ages

Every winter, as November arrives, the crisp air softens, and the sun's warmth slowly seeps, Tokha, the historic town on the northern outskirts of Kathmandu, gradually settles into the rhythm of Maghe Sankranti preparations. This is when Buddha Shrestha proudly watches his son expertly pull a thick, caramel-hued mixture, stretching it into glossy strands. The rhythmic motion, perfected over generations, is more than just a process—it is a legacy, a testament to the enduring craft of making the famous Newari candy, Chaku.

Chaku, a staple desert of Newari cuisine, is deeply rooted in the community's heritage. The

sweet holds a special place, deeply rooted in the heritage of the Newar community. It is an integral part of Newari cuisine, serving as a key ingredient in many beloved dishes, and also a crucial part of Newari weddings. Made from sakhhar or jaggery, ghee, and nuts, the mixture is slow-cooked over a wood fire in large metal vessels until the sugar caramelises and solidifies. Once cooled slightly, the molasses-like substance is aerated through a process of pulling and wrapping, giving it a glossy, chocolate-like hue. The final product is then weighed, packaged, and distributed to retailers across the country. Though widely sold in Asan, its traditional preparation is linked to Tokha.

Tokha is synonymous with Chaku, with its name originating from the Newari words 'tu' (sugarcane) and 'khyah' (growing place), reflecting its deep-rooted connection to sugarcane farming, the base of the sweet. It is believed that Tokha's ancestors first began making Chaku by boiling the juice traditionally extracted from the locally harvested sugarcane. Initially, Chaku

remained at the heart of Chaku production, with its industry working tirelessly to meet the growing demand for this cherished Newari sweet. The art of Chaku-making in Tokha is said to date back to 519 A.D., a legacy the town's resident takes great pride in preserving. It is primarily consumed on the first day of the Nepali month of Magh and holds cultural significance during the festivals

craft endures, continuing to connect generations, communities, and even distant corners of the world.

Buddha Shrestha's family, one of the makers of the profound maker of Chaku, the story dates back to the time of Buddha's great-grandfather, who first crafted Chaku in the heart of Tokha, using traditional methods passed down through the ages.



was infused with various local herbs, found in Tokha, each chosen for its specific health benefits, including remedies for winter fever, stomach pains, and post-pregnancy recovery. Hence, like its cultural importance, it is also valued for its health benefits, particularly for children and the elderly, as it is believed to provide warmth and nourishment during the cold winter months. In the past, when modern chocolates were unavailable, it was even used as a natural energy booster to combat the winter chill.

Over generations, Tokha has

of Newar community.

While the Maghe Sankranti festival comes and goes every year, the legacy of Tokha's Chaku continues to live on. The demand for this beloved treat, though it peaks during Maghe Sankranti, remains a year-round tradition. As the hustle of the festival settles into the rhythm of daily life, Tokha's Chaku industries continue to preserve ancient techniques, crafting each batch with care and ensuring that this timeless delicacy remains a symbol of prosperity, unity, and cultural pride. The spirit of this ancient

His father, the late Kashilal Shrestha, transformed the trade, refining the texture, taste, and techniques that made their Chaku a household name. Now, Buddha Shrestha carries the torch, blending heritage with innovation. Today, Kashilal's grandson—embraces modern technology to take their business to new heights.

From the narrow lanes of Tokha to markets beyond Nepal's borders, Kashilal's Chaku, wrapped with pride in Nepal's flag, continues to sweeten people far and wide. The taste of tradition, a mark of



excellence, and a testament to a family's unwavering dedication to share joy with the candy.

Kashilal Shrestha is a pioneering figure in Tokha's traditional Chaku production, a name that resonates well beyond the borders of Tokha and has gained recognition across the Kathmandu Valley. His establishment, Shree Kashilal Chaku Production Pvt. Ltd., is celebrated for its high-quality chaku, making it a preferred choice among customers, many of whom purchase it for resale. This traditional Chaku business is not merely a commercial venture; it is a family business.

According to Shrestha, a legacy passed down through generations, significant innovations introduced by Kashilal Shrestha transformed the Chaku production process. The colour, appearance, and processing techniques we see today are largely credited to his experimental approach, which has now been widely adopted by Chaku producers throughout Nepal. After parting ways with his brothers, Kashilal Shrestha

established his traditional Chaku production in 1978 (2035 BS). His business flourished, extending sales beyond Tokha to popular markets in Ason, Thamel, and Indra Chowk. He sent his children to the main market to supply Chaku, often bartering it for other essential items in return.

Nestled within wards 2 and 3 of Tokha, 14 traditional Chaku industries operate tirelessly to meet the soaring demand of Chaku. Tokha's Chaku is sold in local markets like Asan, Indrachok, Bhaktapur, Patan, and Kirtipur, and in cities like Narayanghat, Pokhara, Butwal, and Biratnagar. Similarly, it is exported to more than twenty countries, including Australia, Japan, US, Germany and others.

To safeguard and sustain this craft, the Tokha Traditional Chaku Conservation Society (TTCCS) was established in 2016, which Buddha Shrestha leads as a vice president. Thanks to these efforts, Tokha's Chaku industry continues to thrive, with an estimated annual production of 400,000 kilogram, generating an impressive revenue of around Rs 52 million annually while

also producing other molasses-based products.

Producers, including Shrestha and family in Tokha, mainly dedicate two months mid-November-January to Chaku production and once the winter ends they are done with their production for the year.

While Tokha's Chaku has traditionally catered to the local market, its appeal has now crossed national borders, reaching international customers. The business produces a variety of Chaku, including plain Chaku, Masala Chaku, Mitri Masala Chaku, special Chaku, Jhol Chaku, and Khuwa Barta Chaku. Besides, other items produced like White Laddus, Black Laddus, Bombay Laddus, Pushtkari, Bhuja Laddus, and Badam Laddus are also made using Chaku. To preserve and promote its heritage, the municipality has initiated branding efforts for Tokha Chaku, ensuring its recognition beyond local markets. Currently, the market price of Chaku ranges from Rs 130 to 135 per kg.

Although Chaku production

is generally seasonal, mainly occurring for two months of the year, industries sometimes operate year-round based on customer demand.

Despite its success, the Chaku production industry in Tokha faces significant challenges. According to Shrestha, challenges include a shortage of quality Sakhhar (unrefined sugar).

The quality of Sakhhar directly influences the quality of Chaku. Tokha was once a major sugarcane plantation site, however, rapid urbanisation has replaced farmland with concrete buildings, forcing Chaku manufacturers to import sugarcane from the Terai and northern India. Chaku producers in the region now primarily rely on Sakhhar sourced from Krishnanagar, a key sugarcane cultivation area near Rupandehi. However, producers, including Shrestha, express concerns over the adulteration and irregular supply of Sakhhar, which affects both production and quality.

Additionally, like many other industries, the Chaku industry is struggling with a shortage of skilled manpower, as a significant number of youths are leaving the country. Once a community-driven craft, Chaku production now depends on workers from rural districts such as Nuwakot, Kavre, Sindhupalchok, Ramechhap, and Gorkha. Despite these challenges, the people of Tokha remain steadfast in their commitment to preserving their cultural legacy.

Meanwhile, to ensure year-round business and sustainability of the Chaku production, TTCCS has initiated sugarcane production in Tokha this year. Though cultivated in a small farmland

Chaku is more than just a sweet treat; it embodies heritage, craftsmanship, and resilience.

the community plans to extend the cultivation more in the days to come. Additionally, TTCCS has the quality standard and now is applying for nutrition value to brand the Chaku. Likewise,

Chaku is more than just a sweet treat; it embodies heritage, craftsmanship, and resilience. Though its popularity remains largely within the Newar community and those familiar



Budhha Shrestha and his family are conducting research and experimentation to develop new food products from Chaku.

Although Chaku is primarily made and consumed during colder months—providing warmth and energy—it faces limited consumption in summer. Therefore, efforts are being made to create Chaku-based nutritional products, similar to how Khoya (condensed milk) is mixed into Chaku to enhance its nutritional value.

with their traditions, it holds the potential to reach a broader audience. Despite existing challenges, the right technology, strategic branding, and high-quality raw materials could propel Nepal's Chaku industry onto the global stage, boosting exports and generating foreign exchange. More importantly, as Shrestha believes, it could also help retain the country's youth workforce by creating sustainable employment opportunities.

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Aviation Infrastructures versus Airlines' Capacity in Nepal

Flying high is a dream for many, but for Nepal's aviation industry, that dream often hits turbulence. The country's aviation sector has immense potential, yet it faces significant challenges. The gap between infrastructure development and airline capacity creates a complex situation that needs careful balancing.

■ GYANENDRA BHUL | D. MANAGER | AIR TRANSPORT DEPARTMENT, CAAN



Nepal is blessed with stunning landscapes, rich culture, and an increasing number of travellers eager to explore its wonders. This rise in tourism is driving growth in Nepal's aviation sector. There is potential for expanding air travel, connecting more cities, and enhancing the experience for tourists and locals alike. However, dreams of expansion clash with reality. Major airports struggle to handle the increasing traffic. Insufficient

facilities and outdated systems often lead to delays and safety concerns. As airlines invest in new planes and services, limited infrastructure can hinder their growth. To realize the full potential of Nepal's aviation, it is essential to develop infrastructure alongside airline capacity. Only then can the nation effectively meet the rising demand for air travel.

Airport Capacity and Congestion: Tribhuvan International Airport (TIA) as a Case Study

Tribhuvan International Airport, the primary airport in Kathmandu, is at the heart of aviation in Nepal. However, it is often congested. With a maximum handling capacity of about 4 million passengers

per year, the airport has been operating super saturated state - capacity in recent years by handling around 9 million passengers. Travelers frequently experience long queues, delayed flights, and limited amenities.

Current air navigation systems in Nepal need significant updates. Outdated technology can lead to miscommunication and inefficiencies. Modernizing air traffic management for navigation and surveillance, is crucial for maintaining safety and smooth operations as air travel demand continues to rise.

Airline Capacity and Market Dynamics in Nepal

The number of airlines operating in Nepal has increased dramatically in recent years.

Both domestic and international carriers compete for market share. This healthy competition potentials to fostering better services and lower fares, benefiting passengers. Airlines are responding to the demand by investing in new fleets. Many are modernizing their aircraft to ensure comfort and efficiency. This not only enhances the passenger experience but also allows airlines to serve more routes with more efficient ways. Tourism plays a significant role in driving airline demand, but it comes with challenges. Seasonal fluctuations lead to peak and off-peak travel times. During peak seasons, airlines often struggle to accommodate the sudden surge in passengers, highlighting the need for improved infrastructure.

Many airport expansion projects are underway aimed at addressing current limitations on domestic & international terminals. New launching of GBIA & PIA, upgrading facilities at TIA and developing new airport facilities at Biratnagar, Nepalgunj & Bharatpur can help to alleviate congestion. However, these projects often face delays and multifaceted constraints that could hinder progress as expected level. The government is exploring public-private partnerships to fund aviation infrastructure projects. Collaborating with private investors can unlock much-needed capital. These partnerships may accelerate development and improve the overall aviation landscape in Nepal.

The Coordination Gap: Aligning Infrastructure with Airline Growth

A lack of clear policy and



regulatory framework often slows down infrastructure development. Streamlining processes for approvals can be a game changer for rapid growth. Ensuring swift decision-making on Aviation Data Driven Module will enable timely infrastructure upgrades. Strong communication between airlines, regulatory bodies, and aerodrome operators is crucial. Improved collaboration fosters synergy, ensuring that the needs of airlines & service providers align with infrastructure capabilities. Using analytics helps predict air traffic flows and capacity needs. By leveraging data, stakeholders can make informed decisions on infrastructure investments that align with future demand.

Sustainable Growth in Nepal's Aviation Sector

To foster sustainable growth in Nepal's aviation sector, it is essential to balance infrastructure investment and airline expansion. Focusing on modernizing infrastructure and planning for future capacity will create a solid foundation for growth. This will enhance the travel experience and ensure safety. It is time for all stakeholders to come together. By collaborating and investing wisely, Nepal can build a thriving aviation sector that matches the country's soaring ambitions.

Navigating Turbulent Skies: The Challenges Faced by International Airlines in Nepal

Nepal's tourism sector is thriving, creating a high demand for international air travel. However, operating in this beautiful yet complex environment presents significant challenges for airlines. This article explores the key hurdles faced by international airlines serving Nepal, highlighting issues that impact their operations and profitability.

Operating in a mountainous region brings unique challenges. The terrain can affect runway safety and navigation systems. Poor visibility due to fog and rain not only complicates takeoffs and landings but also raises the risk of accidents. A notable incident was the crash of an aircraft in 2010, caused by severe weather conditions in these mountainous areas yielding runway excursion.

Ground handling services play a crucial role in operations. However, inefficiencies in these services can lead to longer turnaround times and higher operational costs. Delays in passenger boarding and baggage handling contribute directly to flight delays and missed connections.

Navigating Nepal's regulatory environment can be tedious. The country must comply with various international aviation standards. Inconsistent enforcement and bureaucratic red tape can create hurdles for airlines attempting to operate smoothly.

Bilateral air service agreements shape international access

to Nepal. Some agreements facilitate easier entry for airlines, while others impose strict limitations. For instance, the Open Skies Agreement allows for more airlines to serve specific routes, promoting competition, but it can also overwhelm limited airport capacity. Nepal is unable to privilege the reciprocal use of active ASAs to

delayed during peak monsoon months, incurring additional operational costs for airlines.

Carbon Footprint and Sustainability

The environmental impact of air travel cannot be ignored. Airlines must prioritize sustainable practices while operating in Nepal.

Poor visibility due to fog and rain not only complicates takeoffs and landings but also raises the risk of accidents. A notable incident was the crash of an aircraft in 2010, caused by severe weather conditions in these mountainous areas yielding runway excursion.

16 countries with 29 Destinations. Environmental and Geographic Constraints: Flying High in Challenging Conditions

Mountainous Terrain

Flying in Nepal demands special considerations due to its mountainous geography. Pilots need specialized training to navigate challenging routes. Weather variability can complicate emergency response capabilities, making safe operations critical.

Extreme Weather

Nepal experiences unpredictable weather patterns. Monsoons can lead to frequent flight cancellations and delays. According to a 2024 report, about 35% of flights were

Implementing eco-friendly initiatives can help mitigate carbon footprints and meet global sustainability standards.

Economic and Financial Pressures: The Bottom Line in the Himalayas

Fuel Costs and Currency Fluctuations

Volatile fuel prices can severely impact profitability. When combined with currency exchange rate fluctuations, airlines face uncertain financial landscapes. A rise in fuel costs directly translates to higher ticket prices, which can deter passengers.

High Operational Costs

Operating in Nepal involves high costs. Airport charges and fees

can be steep, contributing to overall operational expenses. These financial pressures make it challenging for airlines to maintain competitive pricing while ensuring profitability.

Competitive Landscape

The international airline market in Nepal is competitive. New entrants can drive down prices, but established airlines often struggle with the associated costs. This dynamic can lead to

Training and Safety Standards

Adhering to international safety standards is essential. Comprehensive training programs for pilots and crew can mitigate risks. Airlines need to prioritize ongoing education to ensure safety remains a primary focus.

Workforce Development

Developing local talent is critical. Strategies like partnerships with aviation

streamlining regulatory processes, and investing in workforce development are critical steps to ensure sustainable growth. By tackling these operational issues, international airlines can unlock the potential of Nepal's vibrant aviation sector, promising a brighter future for air travel in the Himalayas region. Furthermore, aviation growth faces serious challenges due to mismatched infrastructure and airline



a race for market share, pushing some airlines to the brink of financial viability.

Human Resources and Training: Skilled Workforce, Safe Operations

Pilot and Crew Recruitment

Finding qualified pilots and cabin crew in Nepal poses a significant challenge. The limited number of experienced professionals makes recruitment competitive. Airlines must invest in attractive compensation packages to retain skilled workers.

schools and training centers can help build a skilled workforce. Investing in personnel development strengthens the overall safety and efficiency of airline operations.

Conclusion: Charting a Course for Sustainable Growth for Air Carrier

The challenges facing international airlines in Nepal are significant but not insurmountable. Airlines and stakeholders must collaborate to address these hurdles. Providing better infrastructure,

capacity. Improving airport facilities, modernizing air traffic management, and encouraging investment are essential steps. Collaborative efforts among stakeholders can address these challenges, unlocking the full potential of Nepal's aviation sector. A coordinated approach is needed to pave the way for a sustainable aviation future that benefits everyone, everywhere and at all times.

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■ विजय श्रेष्ठ

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ARIES

March 21st - April 19th

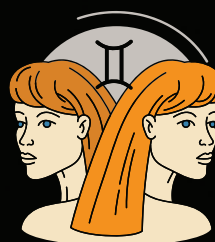
A dynamic period unfolds with financial gains early in the year as Saturn supports your long-term goals. Post-March, unexpected expenses may arise, but Jupiter ensures stability. From May, teamwork and collaborations take centre stage, paving the way for sustained professional success.



TAURUS

April 20th - May 20th

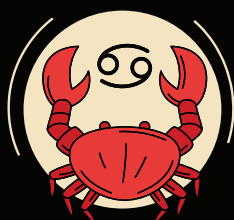
Stability and growth define this phase. Saturn and Jupiter bring financial prosperity and career advancement, particularly during these three months. Post-March, fulfilled aspirations and steady professional momentum mark this period as a long-term success.



GEMINI

May 21st - June 20th

A transformative period awaits. The first half is a balancing act between opportunities and challenges, with potential for career expansion abroad or through unconventional paths. Higher expenses may arise, but growth and recognition follow, especially in foreign ventures.



CANCER

June 21st - July 22nd

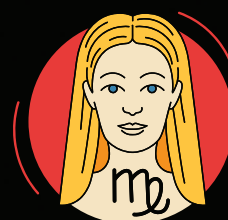
This will be your time of transformation and resilience. Career challenges surface early due to Saturn's placement, potentially causing financial hurdles. However, Jupiter supports long-term financial and professional stability, guiding you toward gradual success.



LEO

July 23rd - August 22nd

Career growth takes the spotlight, though personal and health-related challenges may emerge. The first half of these months, fueled by Jupiter in the 10th house, brings promotions, recognition, and solid professional achievements.



VIRGO

August 23rd - September 22nd

April to June marks a period of steady progress and key achievements. Post-March, partnerships and professional relationships thrive, aiding career growth. Jupiter's influence strengthens your financial standing and enhances recognition in your field.

2025 PROMISES A YEAR OF SIGNIFICANT CELESTIAL SHIFTS, WITH EACH ZODIAC SIGN INFLUENCED BY MAJOR PLANETARY TRANSITS. AS SATURN, JUPITER, AND RAHU SHIFT THROUGH THE SKY, THE ENERGY OF THE YEAR WILL BRING BOTH CHALLENGES AND OPPORTUNITIES FOR GROWTH.



LIBRA

September 23rd - October 22nd

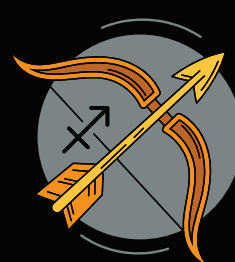
A strong phase for career advancements. Saturn supports employment opportunities and competitive success, pushing you to work hard and excel. Jupiter enhances your social standing and expands your professional network, ensuring steady progress.



SCORPIO

October 23rd - November 21st

A transformative period filled with opportunities and challenges. Saturn demands resilience, while Jupiter brings moments of career growth. Professional ups and downs are likely in 2025, making financial planning crucial after May when Jupiter moves into your 8th house.



SAGITTARIUS

November 22nd - December 21st

Growth and transformation define this phase. Early challenges arise as Saturn highlights workplace competition and legal matters. However, perseverance will lead to breakthroughs, bringing significant shifts in both personal and professional spheres.



CAPRICORN

December 22nd - January 19th

A blend of challenges and opportunities awaits. Saturn tests your resilience, but Jupiter ensures career progress and new income streams. Steady professional development will lead to financial stability and fresh avenues for success.



AQUARIUS

January 20th - February 18th

Career and financial matters take the spotlight. Saturn's shift from your first to second house may initially bring obstacles, but once settled, financial stability and improved opportunities follow, helping you solidify long-term professional growth.



PISCES

February 19th - March 20th

A transformative period with shifts in financial and professional life. Saturn in your 12th house demands cautious financial management, while Jupiter enhances reputation and personal growth. Overseas opportunities may emerge, but expenses need careful handling.

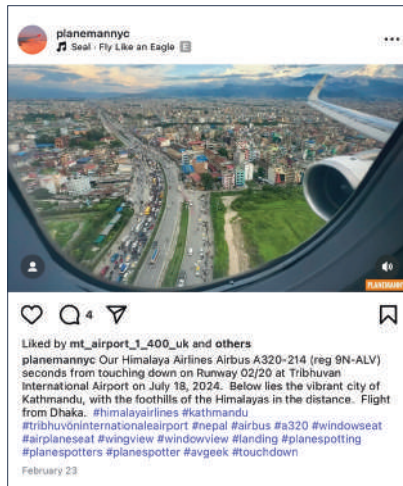
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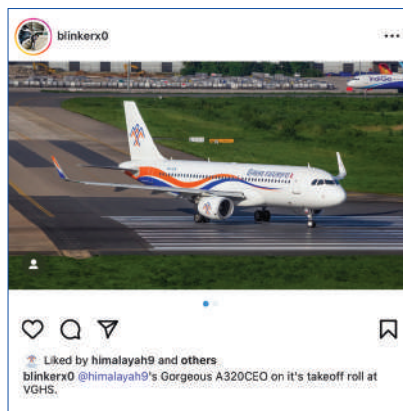
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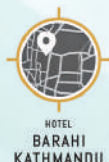


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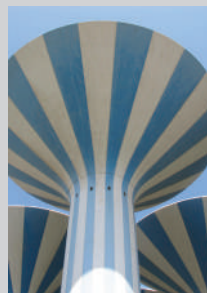
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