

# Danfe

ISSUE 18  
APR - JUN 2024



JOURNEY TO ENLIGHTENMENT: LHASA | BREAKING THE STIGMA



*Explore*  
**UAE**





A long-exposure photograph of the Dubai skyline at night. The Burj Khalifa is the central focus, its spire reaching into a clear blue sky. The city lights are visible, with many skyscrapers illuminated. In the foreground, a complex highway interchange with multiple overpasses and ramps is shown, with light trails from cars creating a sense of motion. The overall scene is a vibrant representation of a modern, bustling city.

# Tourist Visa

30 Days tourist visa

## Holiday Packages

Leisure Tour | Educational Tours | Fixed Departures  
Corporate Packages | Incentive Holidays | Staycations  
Dynamic Holiday Packages | Honeymoon Packages

## Tour Packages

Dubai City tour | Ferrari World | Desert safari | Yas water world  
Dhow cruise Dinner | IMG world | Brj Khalifa | Ski Dubai  
Sky Dive | Hot air Balloon | Ain Dubai  
Aqua Venture + Lost Chamber



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remit**  
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“ हिमालरेमिटबाट वहाँले  
पैसा होइन खुशी पठाइदिनु हुन्छ,  
जुन म आफन्तसँग बाँड्छु र  
हाम्रो भविष्य पनि सुरक्षित राख्छु ।



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टोल फ्री १६ ६०० १११ ०००

रेमिटान्स सेन्टर, कर्पोरेट अफिस, कमलादी, काठमाण्डौ  
फोन: ००९७७-१-४२५०३५४

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विमान भित्र धुम्रपान निषेध छ ।



# PRESIDENT'S LETTER



Namaste Atithi,

Welcome onboard!

First and foremost, on behalf of Himalaya Airlines family, I would like to wish all our valued passengers a very Happy Nepali New Year 2081. As we step into the promising year, Himalaya Airlines extends heartfelt wishes filled with joy, prosperity, and good health.

Safety being our paramount priority, we are thrilled to announce our latest milestone for securing International Air Transport Association (IATA) Operational Safety Audit (IOSA) registration. IOSA registration is known globally as the highest benchmark for airline safety and showcases our commitment to maintaining the highest levels of safety in line with internationally recognized standards. IOSA also opens doors for exciting global partnerships and broadens the choices for our customers.

In line with our pursuit of international standards and global recognition, Himalaya Airlines has successfully registered as an official member of the International Air Transport Association (IATA) on February 09, 2024. This significant milestone underscores our commitment to upholding the highest standards of safety, efficiency, and service excellence. With this

achievement, we reaffirm our position as one of the leading players in the global aviation community and look forward to further strengthening our presence on the international stage in the coming year.

Himalaya Airlines soared into its 9th year anniversary on March 9, 2024. This milestone not only celebrates nearly a decade of exceptional service but also reflects the airline's relentless pursuit of excellence and its unwavering commitment to pushing boundaries in the aviation industry. As Himalaya Airlines continues to reach for the stars, it embraces the spirit of exploration and innovation, charting a course towards infinite possibilities and beyond.

In this captivating issue, we welcome you to delve into a diverse array of engaging articles and features spanning travel, sports, psychology, fashion, and lifestyle. Embark on a travel adventures to Lhasa in "Journey to Enlightenment" and Dubai in "A Family Culinary Adventure". Explore the profound impact of colors on our emotions and behaviors in our cover story, "The Psychology of Color," while also delving into the Nepal's Cricket Journey in our feature article, "The Rising Stars." Uncover the intriguing relationship between emotions and diet with "Plate to Mind," and much more.

We extend our sincere gratitude for your continued support, trust and patronage. Thank you for choosing Himalaya Airlines and hope to see you on board soon again.

Thank you.

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

ZHOU ENYONG

PRESIDENT



# anfe INSIDE



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JOURNEY TO ENLIGHTENMENT

## EXPLORING THE SACRED SITES AND MONASTERIES OF LHASA

Lhasa, the cultural and spiritual heart of Tibet, is adorned with iconic landmarks and revered monasteries that hold profound significance in Tibetan Buddhism. As pilgrimage destinations...



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बिस्केट जात्रा

## भक्तपुरको एक प्रसिद्ध पर्व

नयाँ वर्षको आगमनसँगै स्थानीय नेवार समुदायले भव्य रुपमा मनाउँदै आएको यो जात्राले भक्तपुरको ऐतिहासिक, सांस्कृतिक, धार्मिक महत्व बोकेको छ। बिस्केट जात्रा सुरु भएसँगै भक्तपुर जात्रामय हुन्छ।

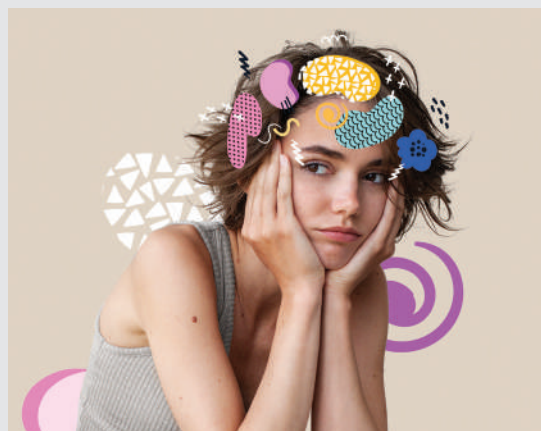


18 ↑

RAJU LAMA

## HARMONIES FROM THE HEART

Renowned for his soulful melodies and lyrical prowess, Raju Lama stands as a distinguished figure in the realm of Nepalese music. Born on March 16, 1978, ...



34 ↑

## BREAKING THE STIGMA

May is recognized globally as Mental Health Awareness Month, a time dedicated to raising awareness, advocating for mental health issues, and breaking down the stigma surrounding mental illness.



# CALENDAR (APRIL-JUNE)

8<sup>th</sup> April

## Ghode Jatra



Ghode Jatra, also known as the "Horse Parade," involves horse racing, acrobatics, and other cultural performances at Tundikhel.

8<sup>th</sup> May

## Maatatirtha Aunsi



Maatatirtha Aunsi is a holiday in Nepal celebrated on the new moon day during the month of Baisakh. It is also known as "Mother's Day" or "Matatirtha Aunsi".

13<sup>th</sup> April

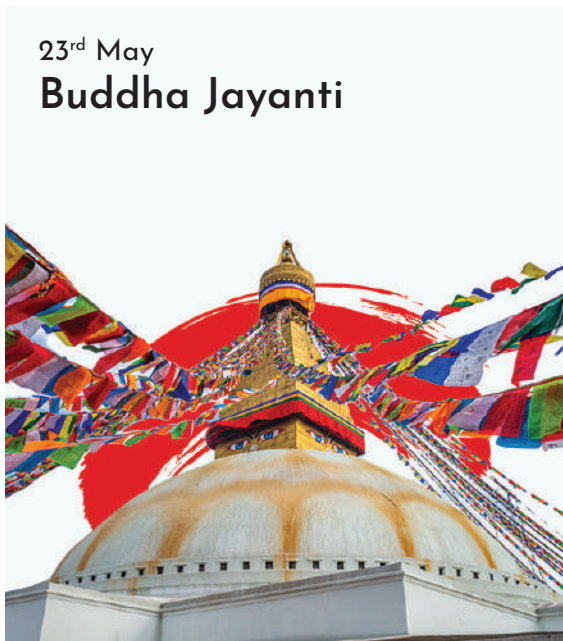
## Nepali New Year 2081



The official Nepali New Year, as per "Bikram Sambat" is a national holiday celebrated in Nepal to mark the beginning of the new year according to the lunar calendar. The festival falls on the first day of the month of Baishakh, which is in mid-April according to the Gregorian calendar.

23<sup>rd</sup> May

## Buddha Jayanti



Buddha Jayanti, also known as Buddha Purnima, is a major Buddhist festival that commemorates the birth and enlightenment of Gautam Buddha. Buddha jayanti is a time to reflect on the Buddha's teachings, Known as Dharma, and to honor his life and legacy.



## 28<sup>th</sup> May Ganatantra Diwas



Republic Day, known as Ganatantra Diwas in Nepali, is celebrated on May 28<sup>th</sup>, commemorating Nepal's transition to a Federal Democratic Republic on May 28, 2008.

## 29<sup>th</sup> June Rastriya Dhan Diwas



Rastriya Dhan Diwas, also known as National Paddy Day, is a national holiday in Nepal that is celebrated every year on the 15<sup>th</sup> day of Nepali month of Asar (usually in late June or early July).

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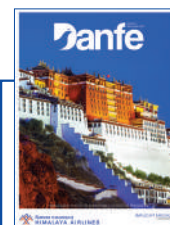
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## Himalaya Airlines becomes Nepal's First IATA Member Airline



On December 28, 2023 Himalaya Airlines Pvt. Ltd. became the first and the only Airline in Nepal to be registered as an IATA Operational Safety Audit (IOSA) Operator, leading to its entry as IATA Member Airline.

IOSA is a globally recognized safety audit program by IATA, designed to assess and enhance an airline's operational management and control systems. IOSA assesses airline operations against global standards, covering organization, management, flight operations, and operational control. IOSA compliance is essential for IATA membership, requiring airlines to undergo audits every two years.

The IATA membership for Himalaya Airlines confirms that H9 adheres to the highest safety standards and best practices, providing passengers with a secure and reliable travel experience. The membership also evaluates and enhances various aspects of H9's operations, leading to certifiable efficiency, risk management, and overall safety of flight operations.

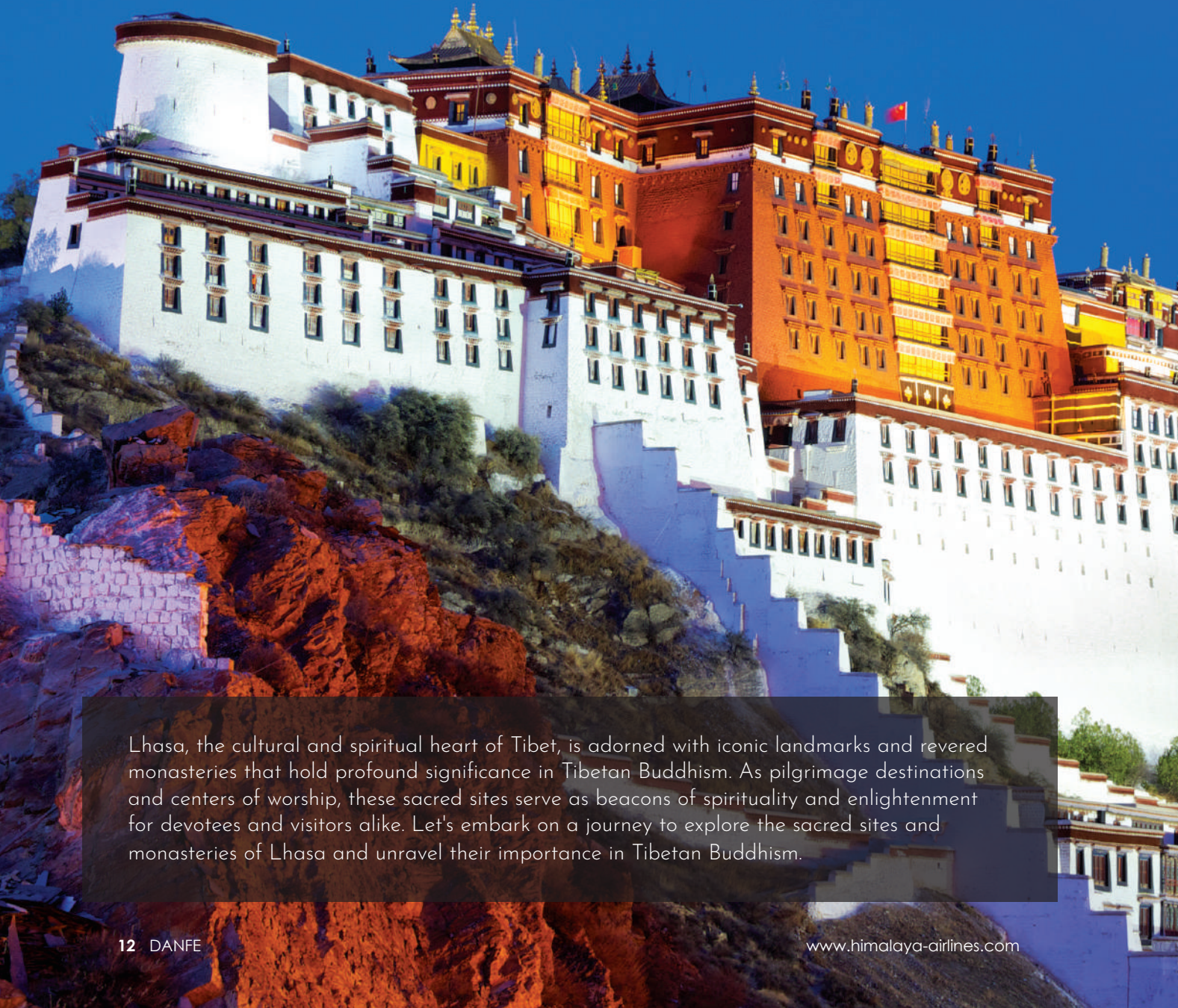
The International Air Transport Association (IATA) is the trade association for the world's airlines, representing 83% of total air traffic over 120 countries with a vision of working together to shape the future growth of a safe, secure and sustainable air transport industry that connects and enriches our world.

Himalaya Airlines' entry into IATA portal has definitely contributed to raising the bar of Nepalese aviation standards in international arena, giving momentum to the promotion of Nepalese tourism as well as the infrastructural and resource potential developments in both tourism and aviation industries of Nepal.



Journey to Enlightenment

## Exploring the Sacred Sites and Monasteries of Lhasa



Lhasa, the cultural and spiritual heart of Tibet, is adorned with iconic landmarks and revered monasteries that hold profound significance in Tibetan Buddhism. As pilgrimage destinations and centers of worship, these sacred sites serve as beacons of spirituality and enlightenment for devotees and visitors alike. Let's embark on a journey to explore the sacred sites and monasteries of Lhasa and unravel their importance in Tibetan Buddhism.



## Potala Palace: A Symbol of Spiritual Majesty

Standing majestically atop Marpo Ri (Red Hill), the Potala Palace is a UNESCO World Heritage Site and an architectural marvel that epitomizes Tibetan Buddhism's grandeur and cultural heritage. Its towering white walls, golden roofs, and intricate murals depict centuries of Tibetan history, religion, and culture.

The Potala Palace is not merely a historical relic but also a spiritual sanctuary. Pilgrims from far and wide flock to its sacred halls and chapels, where they offer prayers, prostrations, and offerings to seek blessings and enlightenment. Within its labyrinthine corridors and chambers, the Potala Palace houses priceless artifacts, ancient scriptures, and intricate thangka paintings, each carrying centuries of wisdom and tradition. Every step taken within its sacred precincts resonates with the footsteps of countless pilgrims who have traversed these hallowed grounds in search of solace and enlightenment.



## Jokhang Temple: The Heart of Lhasa

Nestled in the heart of Lhasa's old city, the Jokhang Temple is revered as Tibet's most sacred temple and a spiritual nucleus that radiates divine energy and devotion. Built in the 7th century by King Songtsen Gampo's Chinese bride, Princess Wencheng, the temple enshrines the Jowo Shakyamuni, a revered statue of Buddha as a twelve-year-old prince.

Devotees throng the temple's bustling Barkhor Square, circumambulating the temple's exterior while spinning prayer wheels and chanting mantras. Inside the temple's hallowed halls, the air is thick with the scent of burning juniper incense as pilgrims offer butter lamps, khata (white silk scarves), and prayers to the Buddha and various deities.





The sacred sites and monasteries of Lhasa beckon pilgrims and travelers on a spiritual odyssey, inviting them to delve into the depths of Tibetan Buddhism's wisdom and compassion. As we wander through the hallowed halls of the Potala Palace, circumambulate the sacred precincts of the Jokhang Temple, and witness the lively debates of Sera Monastery, we are reminded of the timeless teachings of the Buddha and the enduring legacy of Tibetan spirituality.

In the heart of Lhasa, amidst the swirling incense smoke and melodious chants, we find solace, inspiration, and the promise of enlightenment—a pilgrimage of the soul that transcends time and space. Let us embrace the journey with reverence and gratitude, for in the sacred sites and monasteries of Lhasa, the spirit of Tibet lives on.



### Sera Monastery: A Haven of Scholarly Debate

Located at the foot of Tatipu Hill, Sera Monastery is renowned for its vibrant monastic community and rigorous scholastic traditions. Founded in the 15th century by Sakya Yeshe, one of the disciples of Tsongkhapa, the monastery has served as a center for Buddhist learning and debate.

Every afternoon, monks gather in the monastery's courtyard for lively debates on Buddhist philosophy and scripture, engaging in spirited exchanges of logic, dialectics, and philosophical discourse. The rhythmic clapping of hands and emphatic gestures punctuate the air as monks test their knowledge and sharpen their intellects under the watchful eye of their teachers.



# बिस्केट जात्रा

भक्तपुरको एक प्रसिद्ध पर्व

बिस्केट जात्रा विशेषतः भक्तपुरमा तथा धापासी, टोखा र थिमीमा बार्षिक रुपमा मनाइने पर्व हो । स्थानीय भाषामा बिस्का भनिने भक्तपुरको यो प्रसिद्ध जात्रालाई अहिले बिस्केट जात्रा भनेर चिनिन्छ । यो जात्रा प्रत्येक वर्ष चैतको अन्तिम साता सुरु भई नयाँ वर्ष सुरु भएपछि वैशाख ५ गतेसम्म मनाइन्छ । यो जात्रा भक्तपुरमा ८ रात, ९ दिनसम्म भव्य रुपमा मनाउने गरिन्छ । लिच्छविकालदेखि व्यवस्थित रुपमा मनाउन थालिएको यो जात्रा भैरवनाथ तथा भद्रकाली देवीदेवतालाई काठ तथा बेतबाट निर्माण गरिएको प्यागोडा शैलीको कलात्मक रथमा राखी घुमाइन्छ । भक्तपुरको प्रसिद्ध बिस्केट जात्राको यः सिं हेर्नाले सुख, समृद्धि, सहकाल आउनुका साथै शत्रु नाश हुन्छन् भन्ने धार्मिक मान्यता रहेकाले यस जात्रालाई शत्रुहन्ता जात्रा पनि भन्ने गरिएको इतिहास तथा संस्कृतिविद्हरु बताउँछन् ।

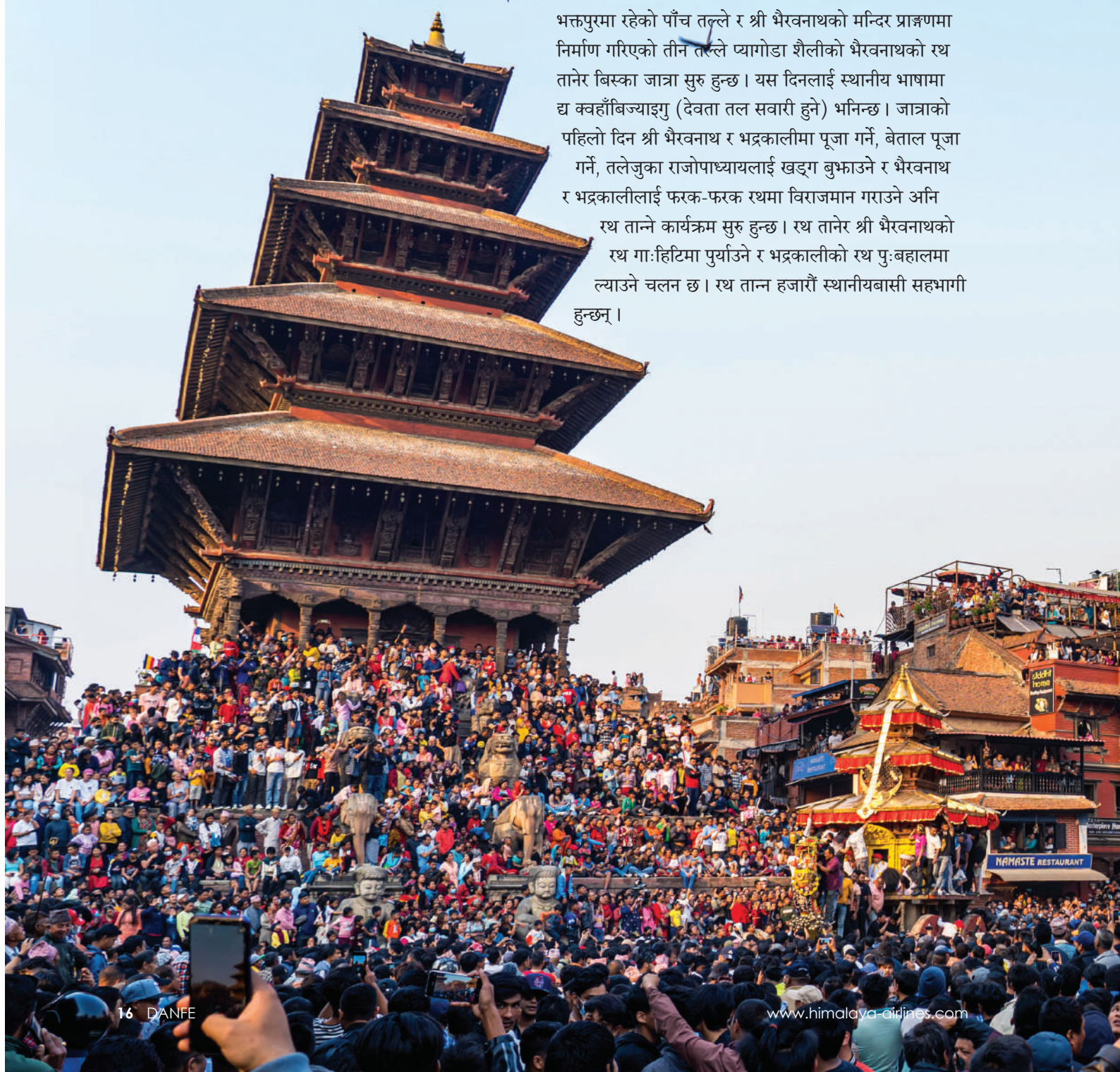




नयाँ वर्षको आगमनसँगै स्थानीय नेवार समुदायले भव्य रुपमा मनाउँदै आएको यो जात्राले भक्तपुरको ऐतिहासिक, सांस्कृतिक, धार्मिक महत्व बोकेको छ । बिस्केट जात्रा सुरु भएसँगै भक्तपुर जात्रामय हुन्छ । नगरका टोलटोलमा बजागाजासहित उल्लासमय वातावरण हुन्छ । भक्तपुर नगरभित्रका नेवार समुदायले मनाउने यस जात्रामा तान्त्रिक विधिले निर्माण गरिएको श्री भैरव र भद्रकालीको रथ टौमढीस्थित पाँचतल्ले मन्दिर प्राङ्गणबाट क्वाँछे, कुमारीपाटी, साकोथा, सुकुलढोका, गोलमडी, गा:हिती र भेलुखेल क्षेत्रसम्म तानेर पुर्‍याउने चलन छ ।

लिच्छविकालदेखि मनाइँदै आएको यो जात्रामा विश्वनाथ भैरव, ध्वजा, शिवको प्रतीक मानिन्छ । नेपाल सम्वत २६८ अर्थात लिच्छविकालभन्दा अगाडिको यो जात्रा नागनागिनी मारिएको खुशीयालीमा मनाउन लागेको र यो जात्रालाई मल्ल राजा जगत ज्योति मल्लले विशेष रुपमा मनाउने व्यवस्था गरेको इतिहासमा उल्लेख छ । त्यसपछि नेपाल सम्वत ८२७ मा राजा भूपतीन्द्र मल्लले यो जात्रा अभै व्यवस्थित गरी आठ रात र नौ दिन मनाउने प्रचलन बसाएको एवं त्यही प्रचलन आजसम्म चल्दै आएको पाइन्छ ।

भक्तपुरमा रहेको पाँच तल्ले र श्री भैरवनाथको मन्दिर प्राङ्गणमा निर्माण गरिएको तीन तल्ले प्यागोडा शैलीको भैरवनाथको रथ तानेर बिस्का जात्रा सुरु हुन्छ । यस दिनलाई स्थानीय भाषामा छ क्वहाँबिज्याइगु (देवता तल सवारी हुने) भनिन्छ । जात्राको पहिलो दिन श्री भैरवनाथ र भद्रकालीमा पूजा गर्ने, बेताल पूजा गर्ने, तलेजुका राजोपाध्यायलाई खड्ग बुझाउने र भैरवनाथ र भद्रकालीलाई फरक-फरक रथमा विराजमान गराउने अनि रथ तान्ने कार्यक्रम सुरु हुन्छ । रथ तानेर श्री भैरवनाथको रथ गा:हिटीमा पुर्‍याउने र भद्रकालीको रथ पु:बहालमा ल्याउने चलन छ । रथ तान्न हजारौँ स्थानीयबासी सहभागी हुन्छन् ।

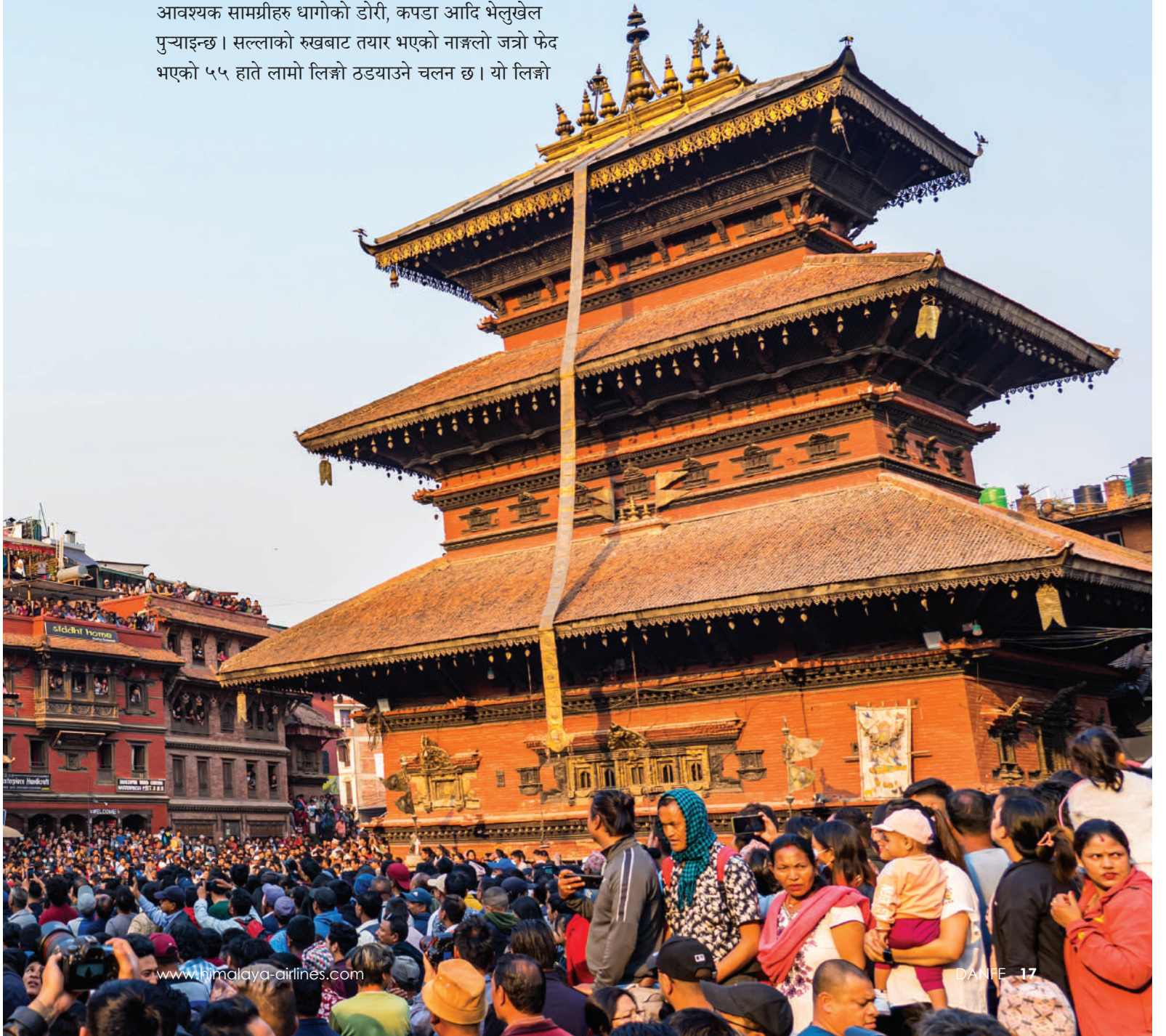




यो जात्राको अचम्मको विशेषता भनेको दुई टोलका बासिन्दाले दुई विपरीत दिशामा रथ तानातान गर्नु हो । रथ तानातान गर्नु नै यस जात्राको मुख्य आकर्षण हो । दुई समुहले दुईतिर तन्ने भएकाले कहिलेकाहीँ तनाव सिर्जना हुन्छ । स्थानीयले रथको अगाडि पछाडि डोरी तानातान गरेर आआफ्नो टोलमा लैजान खोज्छन् । यसरी तानेर रथलाई तल्लो वा माथिल्लो टोलमा जहाँ लैजान सकिन्छ, त्यो टोल विजयी भएको मानिन्छ ।

चैत मसान्तको चौथो दिनलाई लिङ्गो उभ्याउने जात्रा भनिन्छ । भक्तपुरको बोलौँछेस्थित कुमाले टोलमा बिहान हात नभएको लिङ्गो उभ्याउने कार्यक्रम हुन्छ । भद्रकालीमा राँगो बलि दिने, भैरवनाथको लिङ्गोमा हात टाउको बनाउने, लिङ्गो उठाउन आवश्यक सामग्रीहरू धागोको डोरी, कपडा आदि भेलुखेल पुऱ्याइन्छ । सल्लाको रुखबाट तयार भएको नाङ्गलो जत्रो फेद भएको ५५ हाते लामो लिङ्गो ठड्याउने चलन छ । यो लिङ्गो

जसरी पनि २४ घण्टाभित्र स्थानीय समुदायले उभ्याएर ढलाउने परम्परा छ । बैशाख १ गते गुठी संस्थानले जोगीहरूको सहयोगमा विधिपूर्वक राँगो, बोका, कुखुराको बलि दिई जोगीचक्र पूजा गरिन्छ । बैशाख २ गते श्री ज्याठा गणेश र स्वेतभैरवको रथयात्रा गर्ने प्रचलन छ । बैशाख ५ गते बिस्केट जात्राको अन्तिम दिन हो । श्री भैरव र भद्रकालीको पूजा सम्पन्न गरी बाजागाजा सहित दिउँसो तलेजुका पुजारीलाई खड्ग बुझाउने र साँझ भैरवनाथलाई बाजागाजा सहित गा:हिँटिमा ल्याई रथमा राखेर तानिन्छ । रथ तौमढी भैरवनाथ मन्दिरमा पुगेपछि भैरवनाथ र खड्गलाई मन्दिरमा भित्र्याई विधि र परम्परा अनुसार जात्रा सम्पन्न गरिन्छ ।





RAJU LAMA

# Harmonies From the Heart

Renowned for his soulful melodies and lyrical prowess, Raju Lama stands as a distinguished figure in the realm of Nepalese music. Born on March 16, 1978, in Nepal, he is not only a celebrated singer-songwriter but also an experienced mountaineer, having conquered the heights of Mt. Everest. As the main vocalist of the musical band "Mongolian Heart," Lama has left an indelible mark on the industry with his multilingual repertoire, encompassing Nepali, Tibetan, Tamang, and more.

**Were there specific artists or genres that played a significant role in shaping your musical style?**

During my formative years, exposure to a diverse range of English songs significantly influenced my musical tastes. I developed a penchant for CK songs and love ballads spanning various decades, including rock hits from the 70s and 80s. Artists like Rolling Stones, UB40, B.B King, Louis Armstrong, U2, Dire Straits, Eagles, Michael Jackson, Jon Bon Jovi, Beatles, Def Leppard, Bob Dylan, Bob Marley, Scorpions, Metallica, and Bryan Adams were among my favorites. Their captivating melodies and timeless lyrics left a lasting impact on me.

Additionally, I held a special appreciation for Nepali music, particularly the works of legendary artists like Narayan Gopal, Gopal Yonjan, Aruna Lama, Prem Dhoj Pradhan, Arun Thapa, Deep Shrestha, and Tara Devi. However, it was Arun Thapa who truly inspired me the most. His soulful music and emotive performances touched my soul in ways I couldn't fully express.

Reflecting on my early years, these influential English and Nepali songs continue to bring joy and nostalgia, shaping my profound appreciation for music as both an art form and a source of personal inspiration.

**Your work involves songs in various languages like Nepali, Tibetan, and Tamang. What motivates you to explore and incorporate different languages in your music?**

As a staunch advocate for the universality of music, I derive immense joy from delving into and exploring diverse musical genres that transcend language barriers. As a singer, the prospect of performing songs in different languages not only enables me to immerse myself in the cultures they represent but also serves



as a heartfelt gift to my cherished supporters who appreciate and enjoy my music. Through these musical journeys, my goal is not only to comprehend and embody different cultures but also to foster a deeper connection between myself and my valued audience.

**Can you walk us through your creative process when it comes to writing and composing songs?**

I don't adhere to a specific timeframe for composing or writing songs. Whenever inspiration strikes, I instinctively reach for my guitar, allowing melodies to flow while simultaneously crafting the lyrics. The profound effect of nature on my creativity is undeniable; spontaneous moments or serene encounters often ignite a creative spark that compels me to put pen to paper.

These instances, whether sparked by an unexpected wave of inspiration or a tranquil communion with nature, are cherished opportunities for me to express and breathe life into my musical ideas. The flexibility in my creative process not only ensures authenticity in my work but also allows for a dynamic and ever-evolving musical journey.

**Is there a particular award or recognition that you consider a turning point in your musical journey?**

Music has undeniably shaped my life, permeating every aspect with its presence. It is not only my passion, but also an integral part of my identity. I owe immense gratitude to my friends, family, band members, and well-wishers who have stood by me throughout my musical journey. While we have been honored with numerous national awards, it is the support and love from my audience that truly remains my greatest achievement.

When I embarked on my musical path, the Sajjan Smriti Open Nepali Pop Song Competition served as a crucial milestone, marking the beginning of my musical odyssey. It was during this competition that I discovered my voice, nurtured my talent, and propelled my musical journey forward. The memories

etched from that experience continue to resonate with me today, reminding me of the power of music and the incredible people who have contributed to my growth as an artist.



**What prompted you to become a coach on "The Voice of Nepal," and how has the experience been so far?**

It was beyond my wildest dreams to find myself as a coach on the esteemed platform of The Voice of Nepal. As someone who is naturally introverted, the idea initially seemed far-fetched. However, my good friend Sushil, the producer and host of the show, persistently approached me with the offer. Though hesitant at first, I eventually succumbed to the allure of the opportunity after several meetings filled with heartfelt discussions.

Throughout three seasons with the adult contestants and the first season with the kids, my time as a coach on The Voice was nothing short of extraordinary. The joy and fulfillment I experienced were immeasurable, as I witnessed the growth and talent of the aspiring singers under my guidance. The appreciation and love I received from the audience for my role as a judge deeply touched my heart.

Reflecting back on this beautiful journey, I am filled with gratitude for the entire Voice of





Nepal family. Their unwavering support and belief in me made my experience on the show truly remarkable. The audience embraced me with love and affection, dubbing me as their beloved Jyojyo - Raju Lama. The memories and connections forged through this experience will forever hold a special place in my heart.

**Performing a solo concert on Everest is a unique accomplishment. What inspired the idea, and how did you prepare for such a high-altitude performance?**

Performing the highest concert in the world at an astounding altitude of 7950 meters in the death zone, with prior experience at 6574 meters, was awe-inspiring. Risking my life climbing Everest and singing amidst such extreme conditions had purpose to raise awareness about climate change and leave an impactful message through music, which I am incredibly grateful to have achieved. As a musician, I felt an incredible thrill of knowing that I was able to contribute something positive to humanity as a whole.

Inexpressible gratitude to Mingma G Sherpa bhai and my guide Ngima Dorje Sherpa, alongside my fellow climbers, my sherpa brothers, their support & encouragement made Everest possible for which I am forever grateful.

**How do you believe music can contribute to social causes, as demonstrated by your involvement in flood relief efforts and raising awareness about climate change?**

As an artist, I find great fulfillment in using my platform to make a positive impact on the world. One of the ways I strive to do this is by engaging in various charity works that aim to inspire others and spread messages of compassion, kindness, peace, and harmony.

Currently, one of the most pressing issues that the world is grappling with is the climate crisis. It has become a global concern as we witness mountains melting and water levels rising. It is crucial for all of us to take action and protect this beautiful planet not just for ourselves, but for the generations to come.

I am determined to contribute in whatever way I can to safeguard our environment. Whether it's through my music, Planting trees, raising awareness, or actively participating in initiatives that promote sustainable practices, I believe it is our responsibility to preserve this planet for our grandchildren and beyond. Let us unite and work together to create a better and more sustainable future for all.



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**CECILIA GURUNG**

## **Insights from a Cabin Crew Member**

Introducing Cecilia Gurung, the Head of Cabin Crew Department at Himalaya Airlines. With extensive experience in aviation, Cecilia leads with dedication and innovation, setting high standards for safety and service excellence. Under her guidance, the cabin crew team thrives, consistently delivering top-notch performance. Cecilia's leadership ensures Himalaya Airlines remains a trusted name in the industry, known for its reliability and exceptional customer service.

### **What made you decide to become a cabin crew member?**

Becoming a cabin crew member fulfills my lifelong dream of exploring the world and immersing myself in diverse cultures. Traveling while working allows me to experience breathtaking landscapes, exotic cuisines, and different traditions firsthand. Learning about various cultures enriches my understanding of humanity, fostering empathy and respect for people from all walks of life. Additionally, visiting historical sites during layovers enables me to delve into human history and marvel at architectural wonders. Overall, being a cabin crew member allows me to turn my passion for travel and cultural exploration into a fulfilling career.

### **What's your favorite part about being a cabin crew member?**

Travelling! there is one concept that is constantly sought after in each stage of life, and that is the ability to grow. Travelling is indeed a catalyst for personal growth and development, as it pushes us out of our comfort zones and exposes us to new experiences, challenges, and perspectives. When navigating unfamiliar environments, our adaptability and resilience are put to the test, fostering a sense of self-reliance and resourcefulness. Encountering different cultures, languages, and customs broadens our understanding of the world, promoting empathy, tolerance, and cultural sensitivity. Stepping outside of our familiar surroundings

encourages us to confront our biases and preconceptions, promoting introspection and personal growth. Ultimately, the transformative power of travel lies in its ability to inspire curiosity, instill humility, and encourage continuous learning, shaping us into more open-minded, adaptable, and well-rounded individuals.

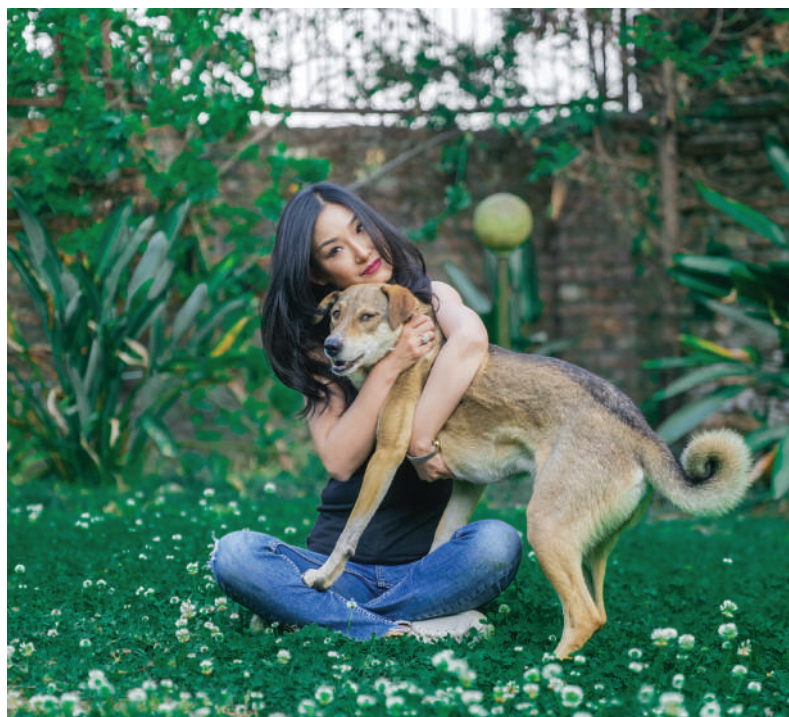
### **How do you stay motivated and maintain enthusiasm during repetitive tasks?**

To stay motivated and enthusiastic during repetitive tasks, I employ a multifaceted approach tailored to my preferences. Firstly, I set clear and achievable goals, breaking down the task into manageable milestones to track progress effectively. Understanding the purpose of the task and its contribution to broader objectives helps

me stay engaged and invested in the outcome. Additionally, I approach tasks from different angles to gain fresh perspectives and maintain interest. Practicing mindfulness techniques such as deep breathing or brief meditation sessions allows me to stay focused and minimize distractions. Moreover, cultivating a positive mindset helps sustain my enthusiasm and optimism, even in the face of monotony or challenges. By integrating these strategies into my routine, I navigate repetitive tasks with vigor and determination, ensuring consistent performance and satisfaction in my work.

#### **How do you manage conflicts or difficult situations that may arise during a flight?**

Aside from the standard training (conflict management) which we receive from the company, I practice Meditation and Physical Combat Sports. Engaging in physical combat sports has provided an outlet for me to release pent-up emotions and frustrations in a controlled environment, reducing the likelihood of reacting impulsively during conflicts. Additionally, practicing meditation has helped me cultivate mental resilience, mindfulness and emotional awareness, enabling me to recognize and manage my emotions more effectively & remain calm and composed in stressful



situations. It has helped me to assertively navigate conflicts while maintaining empathy and respect for others. This can help in de-escalating conflicts by allowing me to remain calm and composed in stressful situations.

#### **How do you balance the demands of work with personal life and downtime?**

Balancing work life and personal life is a continual learning process for me, especially in the aviation industry with its 24-hour operation schedule. The nature of the job demands flexibility and adaptability, which can sometimes make it challenging to maintain a healthy balance. I understand the importance of taking care of myself outside of work, whether it's spending time with family and friends,

pursuing hobbies, or simply taking time to relax and recharge. Additionally, spending quality time with my dog is an essential part of my personal life that brings me joy and companionship. By recognizing the value of both my work and personal life, including the companionship of my furry friend, I strive to find harmony between the two, even in a demanding industry like aviation. While it may be a continuous journey with its ups and downs, I am dedicated to refining my approach and finding a balance that allows me to thrive both professionally and personally.





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# Gear Up for a Stylish Summer



Picture by: Fleektrick Fits

As the temperature rises and summer unfolds its warm embrace, it's time for girls to refresh their wardrobes with the latest trends. This season, fashion takes a bold and vibrant turn, ensuring that young trendsetters step out in style while staying cool in the summer heat. From playful prints to breezy fabrics, here's a guide to help girls embrace the hottest trends of the season.



For girls, it's all about embracing the feminine allure of summer with flowy dresses and skirts. The return of off-shoulder and ruffle tops brings a touch of romance and playfulness to their wardrobes, perfect for leisurely strolls or fun outings with friends. Taking inspiration from the athleisure trend, pairing bike shorts with crop tops creates a comfortable yet trendy ensemble, ideal for both active days and relaxed hangouts.

When it comes to fabrics, opting for breathable materials like cotton and linen ensures not only a stylish look but also keeps girls feeling cool and comfortable all day long. These fabrics allow for easy movement and provide relief from the summer heat, making them essential choices for any summer wardrobe. Whether it's a lightweight sundress for a beach day or a flowy skirt for a family picnic, girls can stay stylish without compromising on comfort.



Accessories play a crucial role in elevating summer outfits. Oversized sunglasses not only add a glamorous touch but also offer protection from the sun's rays. Statement earrings and layered bracelets can add a pop of color and personality to any look, allowing young fashionistas to express their unique style. Additionally, wide-brimmed hats not only make a fashion statement but also provide much-needed shade during outdoor activities.

As girls gear up for a stylish summer, they have a myriad of options to explore, from bold prints to chic accessories. Whether it's a day at the beach, a picnic in the park, or a fun-filled outing with friends, these trends ensure that girls confidently step out in style, ready to embrace all the adventures that summer has to offer. So, let's embrace the season of sartorial adventure, where fashion meets comfort under the sun's warm glow.



# The Rising Stars

NEPAL'S CRICKET JOURNEY FROM HUMBLE BEGINNINGS TO GLOBAL INSPIRATION



Photo Courtesy: Cricket Association Nepal

Cricket's roots in Nepal trace back to the colonial era when British Gurkha soldiers introduced the sport to the local populace. Over time, cricket gained traction, eventually leading to the establishment of the Cricket Association of Nepal (CAN) in 1988. Despite facing challenges such as limited resources and infrastructure, Nepal's cricketing journey began, setting the stage for the remarkable feats to come.

The turning point for Nepal's cricket team arrived in 2014 when they qualified for the ICC World Twenty20, a historic milestone that thrust them onto the global stage. As the first non-Test playing nation from the Associate ranks to achieve this feat, Nepal captured hearts with their electrifying performances.

The world took notice, and Nepal's cricketing prowess became a source of national pride.

In the years following their World Twenty20 qualification, Nepal's cricket team has continued to make waves in the international arena. A significant milestone was their qualification for the ICC Men's T20 World Cup in 2020, showcasing their proficiency in the shortest format of the game. While the tournament's postponement due to the COVID-19 pandemic delayed their debut, the qualification itself served as a testament to Nepal's rising stature. Additionally, their journey to the finals in the ICC World Cricket League Division Two in 2018 highlighted their dominance among Associate nations, earning them a coveted spot in the ICC Cricket World



Photo Courtesy: Basant Shahi Thakuri

Cup League Two. This triumph provided invaluable exposure to top-tier competition, further solidifying Nepal's position on the global cricketing stage. Furthermore, Nepal's cricket team has secured historic wins against established cricketing nations, including memorable triumphs over Afghanistan and the Netherlands. These victories not only bolstered Nepal's confidence but also demonstrated their ability to compete with the best, showcasing their remarkable talent and resilience on the international stage. As Nepal's cricket journey continues, it's worth noting that they are set to compete in the T20 World Cup scheduled for June 2024, adding another exciting chapter to their remarkable story.

Despite their remarkable achievements, Nepal's cricket team faces numerous challenges, including funding constraints, inadequate infrastructure and facilities, within the national cricket board, limited exposure to top-tier competition, and geographical barriers to talent development. These hurdles hinder the team's ability to compete on equal footing with better-resourced counterparts and impede their progress on the international stage. However, the team's resilience and determination have seen them overcome adversity time and again, showcasing the unwavering spirit that defines Nepali cricket. Each setback fuels their resolve to excel, underscoring their commitment to elevating the sport and inspiring future generations of cricketers in Nepal.

As Nepal's cricketing journey unfolds, the future brims with promise for this emerging

cricketing nation. With passionate fans, dedicated administrators, and a talented pool of players, Nepal's cricket team is poised to make further strides on the international stage. As they aspire to earn Test status and compete against the world's best, one thing remains clear. Nepal's cricket team has already etched an indelible mark on the global cricketing landscape, and their journey is far from over.

In a sport often dominated by traditional powerhouses, Nepal's cricket team stands as a beacon of hope and inspiration. Their journey embodies the essence of perseverance, defying odds and transcending boundaries. Through their passion, dedication, and unwavering commitment to excellence, Nepal's cricket team exemplifies the transformative power of sport, uniting nations and inspiring generations. As they continue to chase their dreams, Nepal's rising stars illuminate the cricketing world, leaving an indelible legacy for generations to come.

## Nepal's T-20 world cup 2024 match schedule

Group Stage T20 7 of 55

Jun 4, 24



Netherlands



Nepal

Starts at 21 : 15

Group Stage T20 24 of 55

Jun 12, 24



Sri Lanka



Nepal

Starts at 05 : 15

Group Stage T20 32 of 55

Jun 15, 24



South Africa



Nepal

Starts at 05 : 15

Group Stage T20 38 of 55

Jun 17, 24



Bangladesh



Nepal

Starts at 05 : 15



# The Psychology of Color



## HOW COLORS AFFECT OUR EMOTIONS AND BEHAVIOR

Colors have the ability to evoke powerful emotions and shape our perceptions of the world around us. From the calming blues of the ocean to the vibrant reds of a sunset, each color triggers a unique psychological response. Understanding the psychology behind these responses can offer insights into how we navigate our environment and interact with others.

### The Influence of Warm Colors:

Warm colors such as reds, oranges, and yellows are often associated with energy, warmth, and intensity. Red, for instance, can stimulate excitement and passion but also raise feelings of urgency or caution. Yellow is linked to positivity and energy, while orange combines the vitality of red with the cheerfulness of yellow. Exploring how warm colors can evoke both positive and potentially challenging emotions opens a window into the complexities of human perception.

### The Tranquility of Cool Colors:

On the other end of the spectrum, cool colors like blues and greens are known for their calming and soothing effects. Blue is often associated with serenity and stability, making it a popular choice for creating tranquil environments. Green, reminiscent of nature, is linked to growth and balance. Investigating the impact of cool colors sheds light on how they can influence our emotional states, promoting relaxation and mental well-being.

### Cultural and Contextual Influences:

While color psychology provides general guidelines, the interpretation of colors can also be influenced by cultural and contextual factors. For instance, white may symbolize purity in Western cultures but is associated with mourning in some Eastern cultures. Examining these cultural nuances adds a layer of complexity to our understanding of color psychology.

### Applications in Design and Marketing:

Businesses and designers leverage the psychology of color to create specific atmospheres and elicit desired responses. From branding and product packaging to interior design, the strategic use of color can influence consumer perceptions and purchasing decisions. Exploring how color is employed in various industries unveils the deliberate choices made to shape consumer experiences. Consider the classic use of blue in tech logos to convey trustworthiness, as seen in Facebook and IBM. The golden arches of McDonald's, painted in

## Did you Know?

- **60%** of people accept or reject new products based on color
- **62%-90%** of initial impressions are based on color alone
- Worldwide, blue is the most common favorite color
- Wearing Black makes you appear more powerful

vibrant yellow, evoke a sense of friendliness and warmth. The careful selection of color extends to product packaging, where colors are chosen to influence consumer perceptions and drive purchasing decisions.

In the vast palette of human emotions, colors play a pivotal role in shaping our perceptions and influencing our behaviors. Delving into the psychology of color not only enhances our understanding of human cognition but also offers practical applications in fields ranging from design and marketing to mental health and well-being. As we navigate a world rich in hues, acknowledging the intricate dance between color and psychology adds a layer of depth to our appreciation of the visual tapestry that surrounds us.





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Kathmandu - Dubai - Kathmandu

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**Laxman Gauli**

Kathmandu - Dubai

Very good service, very attentive Cabin Crew, comfortable flight, very satisfied :)

**Anastasiia Antokhina**

Shanghai - Kathmandu

My girlfriend fainted during the flight. H9 crew provided her glucose water and necessary aid. Cabin Crew even provided their own food.

We really appreciate this and thank H9 for the service.

**Yuan Jincheng**

Chongqing - Kathmandu

I tried this airline for the first time and I loved it. I would love to travel with Himalaya Airlines again! :)

**Alisha Rijal**

Kathmandu - Dubai

Happy for hospitality of flight Crew members. They were kind and humble to help passengers.

Thanks to H9 flight and the team!

**Mohammad Quaisar Khan**

Dubai - Kathmandu

Good experience with the services of Cabin Crew members. Thank you!

**Aruna Acharya**

Dammam - Kathmandu



# Breaking the Stigma

PROMOTING MENTAL HEALTH AWARENESS AND WELL-BEING



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**May is recognized globally as Mental Health Awareness Month, a time dedicated to raising awareness, advocating for mental health issues, and breaking down the stigma surrounding mental illness. In this article, we delve into the importance of Mental Health Awareness Month, exploring ways to promote well-being, and highlighting the significance of addressing mental health in our communities.**

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Mental health is a crucial component of overall well-being, yet it is often overlooked or stigmatized in society. Mental Health Awareness Month provides an opportunity to shine a spotlight on the importance of mental health and the need for increased understanding and support. By raising awareness and promoting open dialogue, we can help dismantle the stigma that surrounds mental illness and create a more inclusive and supportive environment for those struggling with mental health challenges.

Stigma remains one of the biggest barriers to seeking help for mental health issues. It can lead to feelings of shame, isolation, and reluctance to seek treatment. During Mental Health Awareness Month, it's essential to challenge these misconceptions and promote acceptance and understanding. By sharing

personal stories, educating ourselves and others, and advocating for change, we can work towards creating a society where mental health is treated with the same importance as physical health.

Mental Health Awareness Month also highlights the importance of community support and access to resources for those in need. From support groups and helplines to therapy and counseling services, there are various avenues available for individuals to seek help and support. By promoting awareness of these resources and advocating for increased access to mental health services, we can ensure that everyone has the support they need to thrive. By prioritizing activities such as mindfulness, exercise, and healthy relationships, individuals can take proactive steps towards improving their mental health and resilience.

As we observe Mental Health Awareness Month, let us recommit ourselves to breaking down stigma, promoting well-being, and advocating for mental health support for all. By raising awareness, fostering understanding, and promoting self-care and support, we can create a more compassionate and inclusive society where everyone feels valued and supported in their mental health journey. Together, we can make a difference in the lives of those affected by mental illness and work towards a future where mental health is prioritized and valued by all.



# ALOFT KATHMANDU THAMEL

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**A**loft Kathmandu Thamel, nestled in the heart of Kathmandu's bustling Thamel area, seamlessly blends modern luxury with the authentic essence of Nepal. Its prime location offers easy access to UNESCO heritage sites, making it an ideal base for travelers seeking cultural exploration. With over 167 well-appointed guestrooms and suites, the hotel caters to the diverse needs of guests, providing plush accommodations featuring complimentary Wi-Fi, LCD TVs, and rainfall showers.

Guests can indulge in a variety of dining experiences at Aloft Kathmandu Thamel, from creative and contemporary cuisine at the Nook restaurant to chic cocktails at the rooftop bar, Nylgiri. The hotel's amenities, including an indoor pool with stunning views of the Himalayan ranges, a state-of-the-art gym and a rejuvenating spa, ensure guests can relax and unwind after a day of exploration. State-of-the-art meeting spaces equipped with modern AV technology cater to seminars, conferences, and social events, while the introduction of Urban Rooms

enhances the guest experience with upscale amenities and access to the Club Lounge.

Aloft Kathmandu Thamel stands as a beacon of hospitality, offering guests a memorable stay that combines the best of modern comfort with the vibrant culture of Nepal. Whether traveling for business or leisure, guests can immerse themselves in the rich tapestry of Kathmandu while enjoying world-class amenities and personalized service at Aloft Kathmandu Thamel.





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From Plate to Mind

## Decoding the Relationship between Nutrition and Emotional Well-being



**T**he intricate relationship between food and mood is a captivating and complex interplay that extends beyond the basic notion of sustenance. What we eat has a profound impact on our emotional well-being, influencing not only our momentary feelings but also our long-term mental health. Understanding this connection sheds light on the ways in which our dietary choices can either contribute to a positive and balanced mood or exacerbate emotional challenges.

**Neurotransmitters and Mood Regulation:** olves neurotransmitters, the chemical messengers in the brain. Certain foods contain precursors to neurotransmitters like serotonin and dopamine, which play crucial roles in regulating mood. For example, tryptophan, found in turkey, chicken, and dairy products, is a precursor to serotonin, often referred to as the "feel-good" neurotransmitter. Including such foods in our diet can potentially enhance mood and contribute to a sense of well-being.

### Blood Sugar Levels and Energy Swings:

The composition of our meals can significantly impact blood sugar levels, influencing energy levels and mood throughout the day. Diets high in refined sugars and processed carbohydrates can lead to rapid spikes and crashes in blood sugar, contributing to irritability, fatigue, and mood swings. On the other hand, complex carbohydrates, found in whole grains and legumes, provide a more sustained release of energy, promoting stable mood and concentration.

### Nutrient Deficiencies and Mood Disorders:

Nutrient deficiencies, such as low levels of vitamins and minerals, have been linked to an increased risk of

mood disorders. For instance, deficiencies in B vitamins, particularly B12 and folate, are associated with symptoms of depression. Ensuring a well-balanced diet that includes a variety of nutrient-dense foods is essential for preventing such deficiencies and maintaining optimal mental health.

### Gut-Brain Axis and Microbiota Influence:

The gut-brain axis, a bidirectional communication system between the gut and the brain, plays a crucial role in the food-mood relationship. The gut microbiota, the diverse community of microorganisms residing in the digestive tract, can influence mood and behavior through the production of neurotransmitters and

other signaling molecules. A balanced and diverse microbiome, fostered by a diet rich in fiber and fermented foods, may contribute to a more positive mood.

### Emotional Eating and Mindful Choices:

Conversely, emotions can influence our food choices, leading to what is commonly known as "emotional eating." During times of stress or sadness, individuals may be drawn to comfort foods that are often high in sugars and fats. Developing mindfulness around food choices and finding healthier alternatives for emotional comfort can be a valuable strategy for maintaining both physical and emotional well-being.

## Did You Know Why You Should Keep Your Mobile Phones Off or On Airplane mode Inside The Aircraft?

**Safety:** Turning off phones in-flight prevents interference with aircraft systems.

**Compliance:** Following crew instructions maintains a safe environment.

**Respect:** Avoids disruption to other passengers.

**Preparedness:** Ensures focus during emergencies or turbulence.

**Air traffic control:** Reduces potential signal interference with ground communication.

**Navigation accuracy:** Helps maintain precise flight path tracking.

**Crew communication:** Facilitates clear communication among flight attendants and pilots.





## Embracing Upward Mobility Navigating Opportunities in a Dynamic World



In today's rapidly evolving world, the concept of upward mobility holds significant importance. It embodies the idea of progress, advancement, and achieving greater heights in various aspects of life, including career, education, and personal development. As individuals, we are constantly seeking opportunities to move upward, whether it be in terms of social status, financial stability, or professional success. In this article, we'll delve into the essence of upward mobility and explore strategies for navigating its terrain effectively.

Upward mobility refers to the ability of individuals or groups to improve their socioeconomic status or achieve higher levels of success and fulfillment. It is not merely about climbing the corporate ladder or accumulating wealth; rather, it encompasses a holistic journey of growth and self-improvement. Upward mobility can manifest in various forms, including career advancement, educational attainment, entrepreneurial success, and social mobility.

**Factors Influencing Upward Mobility:**

Several factors influence one's ability to experience upward mobility, including access to education, socioeconomic background, cultural capital, opportunities for advancement, and personal drive. While some individuals may have inherent advantages due to their upbringing or social connections, others may face systemic barriers that impede their progress. Recognizing and addressing these factors is crucial for fostering a more equitable society where everyone has the opportunity to thrive.

**Strategies for Achieving Upward Mobility:**

**Invest in Education:** Education serves as a cornerstone of upward mobility, providing individuals with the knowledge, skills, and credentials needed to pursue higher-paying jobs and career advancement opportunities. Pursuing lifelong learning and skill development can open doors to new possibilities and enhance one's upward mobility prospects.

**Seek Mentorship and Networking:** Building relationships with mentors, sponsors, and peers can provide valuable guidance, support, and access to opportunities. Networking within professional circles and industry communities can expose individuals to new ideas, career pathways, and potential collaborators, thereby facilitating upward mobility.

**Embrace Continuous Growth:**

Adopting a growth mindset and embracing change are essential for navigating upward mobility. Remain adaptable, resilient, and open to new experiences and challenges. Embrace failure as an opportunity for learning and growth, and continually seek ways to expand your knowledge, skills, and capabilities.

**Set Clear Goals and Take Strategic Risks:**

Define your long-term goals and aspirations, and develop a roadmap for achieving them. Be willing to take calculated risks and step out

of your comfort zone to pursue opportunities that align with your objectives. Take initiative, seize opportunities for advancement, and advocate for yourself in your personal and professional pursuits.

**Contribute to Community and Society:**

Uphold values of social responsibility and civic engagement by contributing to the well-being of your community and society at large. Support initiatives aimed at promoting equity, diversity, and inclusion, and advocate for policies that enable upward mobility for all individuals, regardless of background or circumstance.

Upward mobility is not a linear journey but rather a dynamic process of growth, exploration, and self-discovery. By embracing opportunities for learning, networking, and personal development, individuals can navigate the terrain of upward mobility effectively and strive to reach their fullest potential. Together, let us foster a society where upward mobility is accessible to all, empowering individuals to pursue their dreams and create a brighter future for themselves and future generations.







# Dubai

## A Family Culinary Adventure

-Prajeena Shrestha

Dubai, renowned for its towering skyscrapers, sun-kissed beaches, and myriad adventures, warmly welcomed our family as we embarked on a journey to explore its rich culinary landscape. Our experience in Dubai, with its dazzling skyline and abundant entertainment options, proved to be the quintessential destination for our family getaway. Yet, it was the city's vibrant culinary scene that truly captured our hearts, offering an array of flavors and experiences to tantalize the taste buds of both young and old alike. From traditional Emirati delicacies to international delights, each meal became a cherished moment shared against the backdrop of Dubai's dynamic culture and warm hospitality. Join us as we recount our family adventure through Dubai, where every culinary experience was a celebration of togetherness and discovery.

### Day 1: Embracing Emirati Hospitality

Our journey commenced with a gracious welcome to Dubai, where we eagerly immersed ourselves in the local cuisine. At a traditional Emirati restaurant nestled in the heart of Old Dubai, we were greeted with open arms and plates brimming with fragrant rice dishes, succulent meats, and delectable sweets. As we savored each dish, our children marveled at the exotic flavors and vibrant presentations, while we relished the opportunity to delve into Emirati hospitality and culture.

## Day 2: Street Food Expeditions and Sweet Indulgences

With our appetites ignited, we ventured out to explore Dubai's bustling street food scene. From savory shawarmas and falafels to indulgent desserts like knafeh and baklava, the streets of Dubai offered a sensory feast at every corner. With sticky fingers and contented smiles, we wandered through vibrant souks, sampling treats from local vendors and immersing ourselves in the city's bustling atmosphere.

## Day 3: Global Gastronomy and Family Bonding

Dubai's reputation as a cultural melting pot was vividly showcased as we explored its eclectic dining landscape. From Italian pasta to Japanese sushi, Indian curries to American burgers, there was something to delight every palate. Our children reveled in the opportunity to try new cuisines, while we savored the chance to introduce them to flavors from around the world. Whether dining at upscale restaurants or family-friendly eateries, we marveled at Dubai's culinary diversity and creativity.

## Day 4: Culinary Classes and Creativity

Eager to immerse ourselves further in our culinary journey, we participated in cooking classes led by local chefs. From kneading dough for fresh pasta to decorating cupcakes with vibrant frosting, our children embraced the opportunity to unleash their inner chefs. As we collaborated to prepare delicious dishes, we forged bonds through shared experiences and newfound culinary skills, creating enduring memories.





### Day 5: Farewell Feast and Reflections


As our time in Dubai drew to a close, we gathered for a final feast to savor the city's flavors one last time. From traditional Emirati delicacies to international favorites, the table overflowed with dishes that celebrated Dubai's culinary diversity. As we raised our glasses in a toast to our unforgettable family adventure, we reflected on the memories we had created and the bonds we had strengthened over shared meals and culinary discoveries.

Dubai surpassed our expectations as a family destination, offering a culinary journey that delighted the senses and brought us closer together. From the rich flavors of Emirati cuisine to the global gastronomy that defined its dining scene, every meal was a celebration of togetherness and exploration. As we bid farewell to Dubai, we carried with us not only memories of extraordinary meals but also a deeper appreciation for the power of food to connect us to each other and the world around us. Our family journey through Dubai highlights the city's diverse culinary offerings and the unique experiences awaiting families traveling with children.





Photo by: Manoj Shrestha



Pilgrims in Panauti unwind and recharge, basking in the tranquility of the town's historic sites and cultural ambiance after their journey.



# Celestial Insights

UNVEILING THE ASTROLOGICAL SYMPHONY FOR APRIL - JUNE 2024!"



*Aries*

March 21<sup>st</sup> - April 19<sup>th</sup>

Blaze a trail of personal growth as opportunities for love, career advancements, renewed vitality in health await in April. May fosters dynamic connections in relationships & professional endeavors, while June propels you toward career triumphs and enhanced well-being.



*Taurus*

April 20<sup>th</sup> - May 20<sup>th</sup>

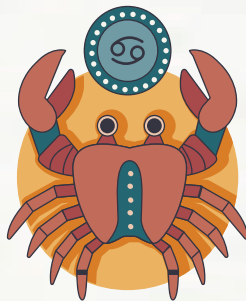
Cultivate financial stability and romantic pursuits in April, with a focus on career advancements. May nurtures relationships while offering opportunities for self-care and improved health. June ignites a fire of personal transformation, balancing love, career, and well-being.



*Gemini*

May 21<sup>st</sup> - June 20<sup>th</sup>

April sparks creativity and new beginnings in both love and career, with a renewed focus on health. May invites self-care and growth in relationships and professional pursuits, while June brings spiritual revelations, aligning love, career, and well-being.



*Cancer*

June 21<sup>st</sup> - July 22<sup>nd</sup>

Foster social connections and romantic endeavors in April, while promoting emotional well-being. May nurtures home and family relationships, with opportunities for career growth and improved health. June may prompt inner reflection and relational shifts, encouraging balance across love, career, and well-being.



*Leo*

July 23<sup>rd</sup> - August 22<sup>nd</sup>

Fuel career ambitions and romantic endeavors in April, with a renewed focus on health and well-being. May celebrates personal achievements in love and career while fostering vitality and improved health. June embarks on new educational or travel adventures, promoting holistic growth across all areas.



*Virgo*

August 23<sup>rd</sup> - September 22<sup>nd</sup>

April hones in on personal development and romantic connections, with opportunities for financial stability and improved health. May sparks intellectual growth and deepening relationships, while June stabilizes financial matters and supports overall well-being.

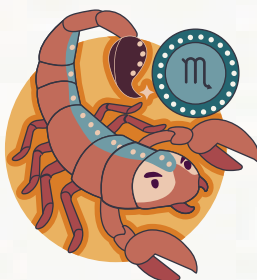
Step into the cosmic dance and embrace the celestial rhythms guiding your journey ahead. As the stars weave their intricate patterns, each zodiac sign is poised to embark on a voyage of self-discovery, transformation, and achievement across love, career, and health. Here's a celestial preview of what awaits:



*Libra*

September 23<sup>rd</sup> - October 22<sup>nd</sup>

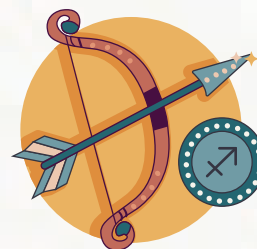
Harmonize relationships & career aspirations in April, with opportunities for financial gains and improved health. May amplifies financial stability & nurtures love connections, while empowering personal growth and well-being. June ignites a fire of personal transformation, balancing love, career, & health.



*Scorpio*

October 23<sup>rd</sup> - November 21<sup>st</sup>

Ignite personal transformation & deepen romantic connections in April, with a focus on emotional well-being. May encourages social connections & career advancements while supporting physical health. June prompts emotional healing & introspection, fostering balance across love, career & well-being.



*Sagittarius*

November 22<sup>nd</sup> - December 21<sup>st</sup>

Fuel wanderlust and educational pursuits in April, with opportunities for love & career advancements. May focuses on career aspirations, nurtures relationships while supporting mental and physical well-being. June explores philosophical depths promoting inner growth, aligning love, career, & health.



*Capricorn*

December 22<sup>nd</sup> - January 19<sup>th</sup>

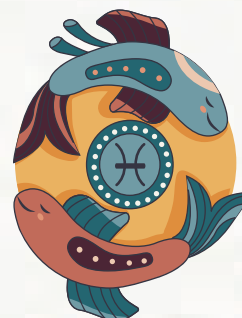
April brings financial stability and romantic pursuits, with career advancements & improved health. May nurtures relationships & celebrates achievements, while supporting overall well-being. June sparks personal empowerment & transforming all aspects of life.



*Aquarius*

January 20<sup>th</sup> - February 18<sup>th</sup>

April cultivates dynamic social connections & romantic endeavors, emphasizing overall well-being. May focuses on well-being and intellectual growth, fostering love connections & career advancements. June inspires creativity & deepens relationships, career, and health.



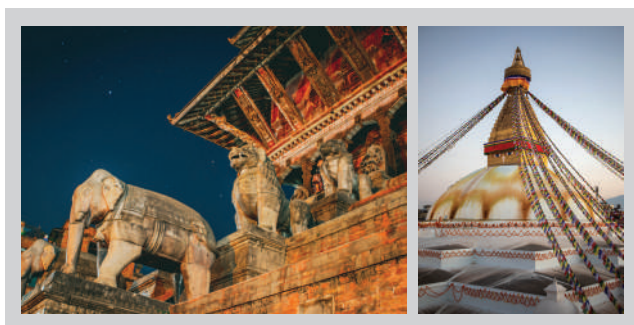
*Pisces*

February 19<sup>th</sup> - March 20<sup>th</sup>

April propels career ambitions & romantic endeavors, offering opportunities for emotional healing. May fosters familial harmony, nurtures love connections, supporting career advancements & overall well-being. June prompts introspection, healing, fostering balance across love & career.



# THE H9 TRAVEL DESTINATIONS



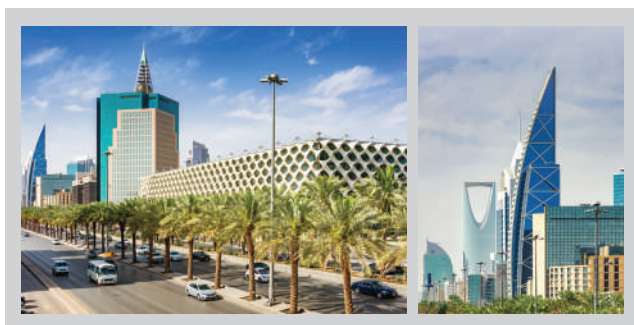
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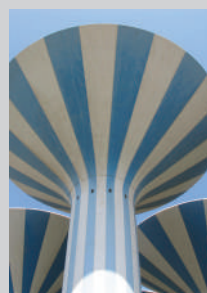
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