

Danfe

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OCT-DEC 2022



THERAPEUTIC YOGA | DASHAIN AAYO!



SHREE BALAJI DIAMOND



हिमालय एअरलाइन्स
HIMALAYA AIRLINES

INFLIGHT MAGAZINE
COMPLIMENTARY COPY

EXPLORE

UAE

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- ✓ 30 Days, 90 Days Multiple Entry Visa

02 Holiday Packages

- ✓ Leisure Tours
- ✓ Fixed Departures
- ✓ Incentive Holidays
- ✓ Dynamic Holiday Packages
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- ✓ Corporate Packages
- ✓ Staycations
- ✓ Honeymoon Packages

03 Holiday Packages

- ✓ Dubai city tour
- ✓ Desert safari
- ✓ Dhow Cruise Dinner
- ✓ Burj Khalifa
- ✓ Skydive
- ✓ Ain Dubai
- ✓ Ferrari World
- ✓ Yas water world
- ✓ IMG world
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विमान भित्र धुम्रपान निषेध गरिएको छ ।

PRESIDENT'S LETTER



Namaste Atithi,

Welcome onboard!

First and foremost, I would like to express my best wishes to you on the auspicious occasions of Vijaya Dashami and Deepawali on behalf of the entire H9 family. We at Himalaya Airlines are absolutely pleased to cater to your needs, especially during this festive season, and render our services so that you are able to celebrate the festivals with your near and dear ones and also seek better prospects abroad while travelling with Himalaya Airlines.

On this very note, we hereby present to you the 12th issue of our inflight magazine, Danfe. Through this, we are delighted to let you know that H9 has been awarded the "NEFFA Annual Award 2022" among the online airlines during the 28th Cargo Day Program organized by the Nepal

Freight Forwarders Association, securing second place for carrying the second highest tonnage of cargo.

Along with this, in the spirit of expanding our international footprint and making Kuwait our 8th international scheduled destination and 6th Gulf city, the network of H9 now includes Doha, Dubai, Dammam, Dhaka, Riyadh, Kunming, Kuala Lumpur, and Kuwait. Furthermore, our ongoing research and market study to advance our route frequencies and destinations based on passenger demand, as well as a vision to connect those sectors in the near future, is on point.

Similarly, following one of the key guidelines of H9 and through our constantly upgraded customer service inside our aircraft, sales counters, as well as other contact points, we assure you that we are dedicated to offering the best to all our passengers with sound flight experience. While making efforts towards better customer service, our newly introduced tagline, "Experience Himalayan Warmth", is what we truly abide by.

We heartily thank you for choosing Himalaya Airlines.

I hope to see you onboard soon again!

ZHOU ENYONG

PRESIDENT

INSIDE



10 ↑

THERAPEUTIC YOGA

Yoga is an ancient form of exercise that was created thousands of years ago and is still practiced today. It can become a significant part of our daily lives and improve our general quality of life while also enriching our sense of purpose. Our strength, flexibility, balance, and mental wellness can all be enhanced through the yogic journey.



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IDEAL LIFE IN ANOTHER WORLD

The more time I spent thinking, the more I noticed the blurry silhouettes from before were looking clearer and clearer.

17

PATAN

CERTIFIED WITH ART & CULTURE

Patan has a lot to offer its visitors and outsiders. Immense and liveliness can be felt through all its immortal elements.

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DIPLOMATIC FLIGHTS TO CHINA

Himalaya Airlines operated a special diplomatic charter flight to Qingdao (Tsingtao), China on Aug 09, 2022, for the official visit of Hon.

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THINGS TO KNOW BEFORE TRAVELING TO NEPAL IN 2023

Expanding its international footprint, Himalaya Airlines has added Kuwait as its 8th international scheduled destination and 6th gulf city.

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DASHAIN AAYO!

Out of all the other festivals, Dashain certainly has a different vibe and a good feeling that makes us happy from the heart.

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HOW COMPATIBLE ARE YOU?

Signs having identical elements are generally compatible as they recognize each other the best.

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EVENT CALENDAR

OCTOBER

OCT
02

Fulpati

Flowers are brought from Gorkha Durbar in Nepal to Dashain Ghar in Hanumandhoka, Kathmandu for ritual and religious ceremonies.

OCT
03

Maha Asthami

8th day of Dashain, goddess Durga and Kali are worshiped with animal sacrifices.

OCT
04

Maha Nawami

9th day when people worship their tools, equipment, and vehicles. The Taleju Bhawani Temple in Kathmandu remains open on this day.

OCT
05

Vijaya Dashami

Vijaya Dashami, is celebrated by putting red Tika on the forehead and Jamara on the ear by the elders in the family as the youngsters receive their blessings.

OCT
09

Kojagrat Purnima

The 15th day of Dashain concludes with the rising of the full moon during which the goddess Laxmi is worshiped with special offerings.

OCT
23

Kaag Tihar

The first day of Tihar, festival of lights, during which people celebrate by worshipping crows, believing that they are the messengers of Yamaraj.

OCT
24

Kukur Tihar

On the second day of Tihar, all dogs, whether they are pets or stray, are worshipped and offered with food.

OCT
25

Laxmi Puja/Gai Tihar

This day is celebrated by worshipping the goddess of wealth, Laxmi, and the national animal, 'Cow', believing that it will bring prosperity.



OCT
26

Govardhan Puja/Mha Puja

The fourth day is known as Govardhan Puja on which the ox is worshipped, whereas in the Newar community, Mha Puja is celebrated by worshipping one's body in the evening.

OCT
27

Bhaitika

Tihar ends with Bhaitika, when sisters worship their brothers with flowers, tika, and blessings, praying for their long life and prosperity.

OCT
30

Chhath Parva

The four-day festival honors God Sun and his wife Usha. This festival is celebrated by performing puja, which is done by taking a bath, wearing new clothes, and fasting.



DECEMBER

DEC
08

Udhali Parva/ Yomari Purnima

Udhali is celebrated to thank nature in Kirat community by arranging a feast and performing Sakela Naach.

DEC
25

Christmas

It is the birth anniversary of Jesus Christ and is also referred to as X-Mas. On this day, people decorate Christmas trees, exchange gifts, go to church, and share meals.

DEC
30

Tamu Loshar

It is known as the new year of the Gurung community, during which they greet each other, prepare a feast, dance, and sing along with their relations of all generations.



THE DIVINE BLISS: Therapeutic Yoga



'Yoga is the journey of the self, through the self, to the self.'

-The Bhagavad Geeta

We live in a world that is accelerating and becoming technologically savvy at an alarming rate. Our modes of life and activities have certainly developed to meet the needs of the new way of existence. We are bound to deal with stress and pressure in a variety of ways, including unhealthy eating, snacking, and consuming junk food, smoking; excessive alcohol use; the use of narcotics and

addictive substances; harmful social activities; and more. In fact, the list is quite long! We frequently continue and follow our unhealthy behaviours because they offer us short-term calm and relaxation, even when we know they are bad for us. In the long run, we will pay a bodily, mental, and spiritual price for these quick fixes and cures.

As such, an alternative to such

a detrimental state of being could be "Yoga". Yoga is an ancient form of exercise that was created thousands of years ago and is still practiced today. It can become a significant part of our daily lives and improve our general quality of life while also enriching our sense of purpose. Our strength, flexibility, balance, and mental wellness can all be enhanced through the yogic journey. It is also a fantastic way to become

mentally healthy, athletic, and strong as well as to improve our ability to concentrate and focus. Yoga has a stronger positive impact on a person's mood and anxiety level as compared to walking and other forms of exercises. Many people experience positive health outcomes from doing yoga and meditation while these activities also provide both mental and physical advantages.

The brain's executive functions, cognitive skills associated with goal-directed behaviour, and the capacity to control automatic emotional responses, habitual thought patterns, and actions can all be improved with just 30 minutes of yoga or mindfulness meditation practiced each day. Some prolonged ailments, such as back pain, nerve pain, and migraines, can be cured by yoga. It is also used to treat high blood pressure and sleeplessness. Many people feel that yoga helps relieve stress and increases their mental clarity. Body awareness improves as a result of concentrated breathing and attention, allowing many people to become more aware of their physical and mental requirements.

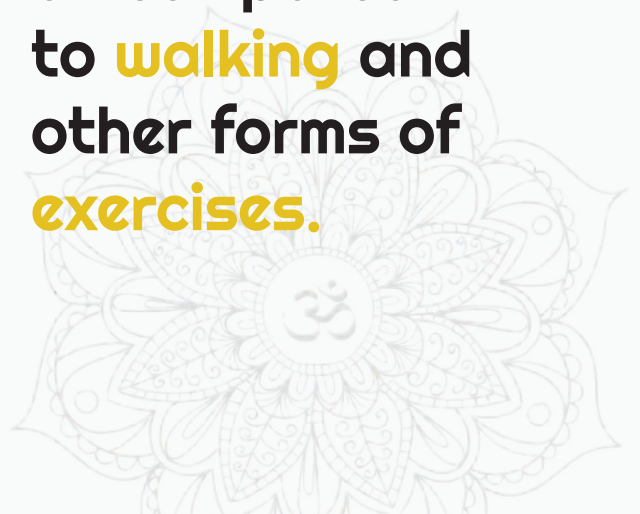
Yoga and meditation boost physical and mental wellness, which leads to better recovery outcomes. It not only aids in the restoration of a person's connection with their inner self, but also aids in the restoration of connections with others. Improved mental and physical functioning can aid in providing the mental clarity required to concentrate on the most critical components of recovery.

It can help restore a person's sense of identity, allowing them to move forward in establishing a life that is not based on the use of medications to feel normal. Best of all, it can be done anywhere, at any time, either alone or in teams, allowing a person to reflect and become part of a supporting community.

Text by: Suman Pandey



Yoga has a stronger positive impact on a person's mood and anxiety level as compared to walking and other forms of exercises.





IDEAL LIFE IN ANOTHER WORLD

Text by: Subekshya Kayastha

It was pitch black all around me, and when I could finally see, I had no idea where I was. Suddenly, I heard loud voices, but I could not understand what they were saying. I could see silhouettes of people that looked all blurry and all around me. And I realized they were bigger than me and surrounded me. As I slowly regained my consciousness, I realized I had turned into... a baby?

"How could this be?" I thought. "I was just on the road I always take to get home from school. And then I... don't remember! I don't remember what happened after that. I thought as I was more and more confused about what happened to me; how did I get here; more importantly, how did I, a 17-year-old high school girl, become a newborn baby in a place I don't know." "What is this situation really? Is this a dream? Like, am I dreaming something like this because of all the fantasy and fiction novels I have read? Because this looks exactly like something that would happen in one of those.

"I thought some more before I realized that

I couldn't speak. So, all this time I've just been talking in my thoughts? Well, it seems so seeing I can't hear myself speaking." Even though I tried to scream, where am I? Or who are you? To the people around me, I only ended up making baby-like sounds.

The more time I spent thinking, the more I noticed the blurry silhouettes from before were looking clearer and clearer. I could even make out some of their faces. The more I looked, the more I was sure that all of it was real and not a dream. I could also understand them, even just a bit. It sounded similar to English, but the accent and words felt kind of different than normal English. "It really feels like I'm inside some old English movie." I thought again.

Suddenly, a man with a distinguishably nice face, pretty purple eyes, blond hair, and a really well-proportioned body took me into his arms and said, "The gods have graced us with such a beautiful miracle. Her black hair represents that she possesses the strongest magical abilities in our world. Truly a miracle." He had a deep voice, almost sounding divine.

The room was filled with whispers of a miracle child, truly a miracle, how beautiful or awe filled the room.

It seems like I am somewhat special, I thought. When I looked around, I saw a beautiful lady with long sparkling golden hair on the bed from where the man picked me up. "She must be my mother, right? I have one beautiful mother. By the way, who could this good-looking man be?" I was thinking to myself when the man slowly put me back on the lady's lap and kissed her on her forehead and said, "Our daughter is as beautiful as you, Diana. Surely, she has been blessed by the gods to have such beauty and the strongest magic of all lands since birth."

"Yes, the gods have truly blessed our child, Edward dear." She replied, looking him deep in his eyes. "Have you thought of a name for her, dear?" she asked. "Ah yes, dear, I have indeed thought of a perfect name for her. From today onwards, she shall be known as Valerie. Valerie Diana Edward Wistalia. "

Then soon after, all the people were excused from the room except some people that looked like maids from a manga or an English royal family. "Take a good rest, dear. You must be tired from the sudden visits of so many people to see you and our child. I will also excuse myself", he said as he excused himself from the room.

"Wow. Is this going to be my life from now on? I have certainly dreamt of living in a castle or having magical abilities, and now I can live my life like I dreamt of. This has got to be crazy, like being reincarnated into my ideal life? I can't wait to be able to use magic and see more of this world I have been reincarnated into. " I thought excitedly as I was put to bed by my beautiful mother. "I hope to have a good life with you, mother." I thought as I drifted off to sleep.

A few days have passed since the day I woke up in this form, and I have found out a few things. Firstly, it seems I have two older

siblings; an older brother who is 2 years old and an older sister who is four years old, so I am the youngest daughter right now. And secondly, today seems busier than usual. Usually, a doctor-like person comes into my room and checks up on me and my mother, and everything we need is provided to us in our room, but today mom is getting ready and the maids are also dolling me up. Maybe we will have some visitors."

I thought as the maids were getting us ready. Some guards escorted us outside to the garden, which was huge, decorated, and seemed to give off some ceremonial feeling. There were also a few people seated at the tables.

"What is going on today?" I wondered as my mother headed towards the center with me in her arms. My older siblings, who looked exactly like her, joined us, and so did my father. There was an old man in the center of where we were going. "He looks like a priest," So this is a ceremony! " I exclaimed in my mind. When we got there, my mother handed me to the priest and said, "Father, if you may please." "Yes, Lady Wisteria." He took me in his hands and turned towards a crystal ball, and was murmuring something which I could not understand. It sounded like prayers for a spell of some kind.

"Child blessed by the gods, reveal what secrets you hold and tell us your powers." He said before taking my hand and allowing it to touch the crystal ball. Suddenly, the crystal ball started to glow so brightly in so many different colors that it looked mesmerizing. "Oh my god." The priest exclaimed and said, "The Lord has truly blessed your daughter, my lord. The crystal reveals that she can use all the different types of magic. After that, it was like the ceremony had turned into a garden party. Everyone was overjoyed and congratulated my parents. "So, I really am a big deal. Since this is my second life, I am really going to live it as my ideal life. " I thought as I enjoyed the attention I was getting.

मानव शरीरको महत्वपूर्ण अंग मध्य हो दाँत । स्वस्थ दाँत र मुखको स्वास्थ्य बिना हाम्रो शरीर स्वस्थ रहन सक्दैन । मुखबाट नै शरीरलाई चाहिने सम्पूर्ण कुरा पुग्दछ । आकर्षक र सुन्दर दाँत-मुखको बनोटले भट्ट हेर्दा मानिसको व्यक्तित्व दर्शाएको हुन्छ । मान्छेले दिने smile दाँत र मुखको बनोट र स्वास्थ्यमा भर पर्दछ ।

मुख्यगरी दाँतको महत्वपूर्ण कामहरु निम्न प्रकारका हुन्छन् :

- मान्छेलाई सुन्दर देखाउन ।
- खाना चपाउन-राम्ररी चपाएर खाएको खानाले हाम्रो शरीर हृष्टपुष्ट हुन्छ ।
- चपाएर खाएको खानाले पाचनमा सहयोग गर्दछ ।
- बोली प्रष्ट बोल्न दाँतले सहयोग गर्दछ ।
- दाँत हाम्रो शरीरमा भएको सबैभन्दा कडा Tissue हो ।
- दाँत हाम्रो शरीरमा जन्मेको ६ महिना देखि जीवन्तमा नभइनुहुने अंग हो ।

दाँतको बनोट बाहिरि कडा तन्तु (enamel) र भित्रि भाग नशा र गतले बनेको हुन्छ । (dentin and pulp) नेपालले पनि आधुनिक दन्त चिकित्सा पद्धतीमा फड्को मारेको छ । पुराना पुरातनवादी दन्त चिकित्साको प्रयोगलाई आधुनिकीकरण गरिसकेको छ ।

- नदुखाईकन गर्ने उपचार विधि (painless dental treatment) सुरु गरेको छ ।
- एकै दिनमा हुने (single visit dental treatment) को अवधारणा ल्याएको छ ।
- Laser dentistry (peizo cautery)
- Smile design गरेर सुन्दरता बढाउने
- Implant dentistry & full mouth rehabilitation
- CT scanner को प्रयोग
- Digital/ virtual planning
- Milling machine
- Scanner machine/endo motor को प्रयोग यसका उदाहरणहरु हुन् ।
- च्यापु बढेका, अनुहार बिग्रीएका, मुख बाझीएका विरामीलाई राम्रो बनाउने शल्यक्रियामा orthogenathic surgery गरेर आधुनिक दन्त चिकित्सा कति उज्वल छ भन्ने कुरा नेपाली dental doctor ले देखाएका छन् ।
- बाझाटिङ्ग दाँत मिलाउने प्रविधि (metal, ceramic lingual braces) तथा धेरै पटक घाउन नपर्ने र नदेखिएको aligner पद्धतीबाट दाँत मिलाउने प्रविधिले नेपालको दन्त चिकित्सा साच्चै नै आधुनिकताको शिखरमा पुगेको अनुभूती हुन्छ, यद्यपि अबै धेरै काम गर्न बाँकी छ ।
- मुख खोल्दा आवाज आउने, TMJ joint को समस्या, मुख अडकिने समस्या भएको विरामीको लागी joint replacement हुने प्रविधि समेत भित्री सकेको छ ।

संसारमा हुने उत्कृष्ट मेसिनरी सामग्री प्रयोग गरी विशेषज्ञको टोलीले दिने उपचार नेपालमै भएको हुनाले विदेशी मुलुकमा उपचार गराउन भन्दा नेपालमा दाँत-मुखको उपचार गराएर दन्त चिकित्सा क्षेत्र र यसमा लागेका सरोकारवाला र देशकै अर्थतन्त्रमा ठूलो टेवा मिल्छ भन्ने लागेको छ ।

नेपालमा डेन्टल tourism को अवधारणा ल्याएर विभिन्न संस्थाले सेवा दिइरहेका छन् । छोटो समयको बसाईमा नै नेपालमा उपचार हुने पद्धती विकाश भइसकेको छ ।

- 24 hours dental service
- Digital dentistry
- CBCT
- Scaling
- Chairside milling
- Invisible braces यसका उदाहरणहरु हुन् ।

नेपालमा उपलब्ध सम्पूर्ण उपचार मध्य निम्न उपचारको माग धेरै देखिन्छ ।

- दाँत सफा गर्ने (Scaling & polishing)
- Filling
- Crown/bridge (metal free) zirconia/ emax (ceramic)
- Denture/ cast partial Dentare
- Tooth bleaching (दाँत सेतो टल्काउने)
- Implant (दाँत रोप्ने)
- Permanent दाँत राख्ने प्रविधि
- Braces (metal ceramic)
- Invisible (aligner)
- मुखको कोठी हटाउने, lips बनाउने surgery
- बाझोटिङ्गो मुख सोज्याउन orthognathic surgery
- TMJ treatment joint replacement यसका उदाहरणहरु हुन् ।

तसर्थ सम्पूर्ण मान्यजनहरुमा नेपालको आधुनिक दन्त चिकित्सा पद्धतीको लाभ लिन अनुरोध गर्दछौं । अन्तमा स्वस्थ दाँत-मुख नै स्वास्थ्य शरीरको आधार हो । दिनमा २ पटक दाँत सफा गर्ने, dental floss को प्रयोग गर्ने, मुख कुल्ला गर्ने, गुलियो पदार्थ कम खाने, स्वस्थकर फलफूल तथा साग तरकारीमा जोड दिने र वर्षको २ पटक दन्त चिकित्साकोमा गएर दाँतको regular checkup तथा सरसफाई गराउन समेत अनुरोध गर्दछौं ।

* लेखिका हिमाल डेन्टल अस्पतालमा अर्थोडन्टिक्सकी परामर्शदाता हुन् । उनीसँग बी.डी.एस. र अर्थोडन्टिक्समा एम.डी.एस. डिग्री छ । उनी हिमाल डेन्टल हस्पिटल एण्ड इन्स्टिच्युट अफ डेन्टल साइन्स, धुम्बाराहीकी प्राचार्य र निर्देशक पनि हुन् ।

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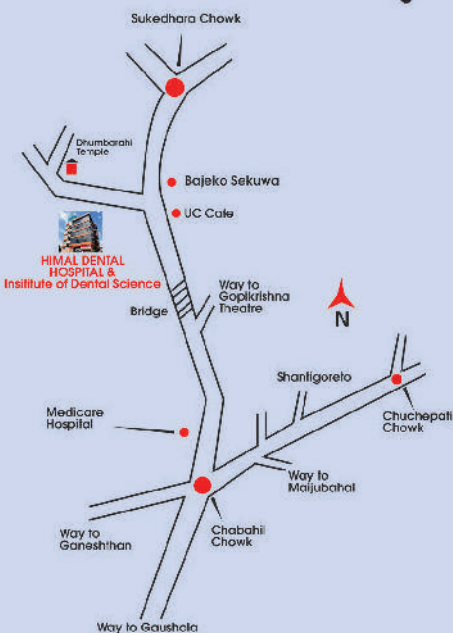


खुशीको खबर

हिमालयन एयर लाइन्सका सम्पूर्ण सेवाग्राही यात्रु
महानुभावहरू, कृ मेम्बर्स र सम्पूर्ण स्टाफहरूलाई मुख तथा
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LOCATION MAP



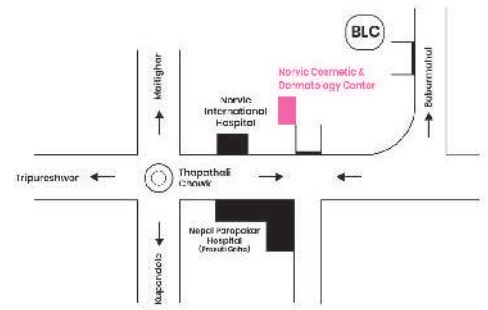
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- विभिन्न थरीका नक्कली दाँतहरू राख्ने
- समुदाय केन्द्रित दन्त स्वास्थ्य कार्यक्रम
- बाइगो टिङ्गो दाँतको उपचार, शल्यक्रिया द्वारा असाधारण मुखको ढडिको आकार-प्रकार मिलाउने, विभिन्न बानिहरूको उपचार
- १५ वर्ष भन्दा मुनिको बच्चाहरूको मुख तथा दन्त सम्बन्धि उपचार
- अभिभावक तथा बालकलाई दन्त स्वास्थ्य सम्बन्धि उचित परामर्श
- दाँत सफा गर्ने
- विभिन्न थरी र विधिबाट दाँत भर्ने
- नसा देखि दाँत भर्ने र जराको संरक्षण
- शल्यक्रिया द्वारा जराको उपचार
- जटिल समस्याहरू अत्याधुनिक प्रविधिको शल्यक्रिया बाट सहज उपचार
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- आकस्मिक दन्त सेवा
- सामान्य दाँत फुकाल्ने
- दाँत तथा मुख सम्बन्धी विभिन्न शल्यक्रियाहरू
- दाँत तथा मुख सम्बन्धी विभिन्न नक्कली अंगहरू
- अस्पताल केन्द्रित दन्त स्वास्थ्य गतिविधि
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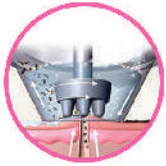
छालालाई भित्रैदेखि सफा गर्ने, मोस्चराइजिङ र नरम बनाउने तथा छालाका मृत कोशिकाहरूलाई राम्रोसँग बाहिर निकाल्ने **डर्मा विलयर मसिन** अब नर्भिकमा



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PATAN

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One of the largest cities following Kathmandu and Pokhara, situated in the south-central part of the Kathmandu Valley, Patan is a local abode that absolutely reflects traditional culture, fine arts, and crafts. It was founded in the third century BC by Kiratis and later developed by Lichhavis and Mallas, commonly known as 'Yala'. The architecture and arts, which originated under the influence of Buddhists and Hindus, along with the multiple states that have been formed here, signify the highest achievements of humankind. Special mention here to the wood, stone, brick, copper, and brass craftsmanship. The city is also famous for its festivals, feasts, and metallic and stone-carved statues. There are plenty of temples that may make it difficult to decide for an observer as to what's worth a look!

The central trait of the city is the Patan Durbar Square, which is one among the three Durbar Squares in the Kathmandu Valley which were all listed as UNESCO World Heritage Sites in the year 1979. The Durbar Square is enclosed with extraordinary temples, statues, monuments, square red brick floors, roof struts, old buildings with wood carving on windows and door portals built from locally accessible materials. The city has 136 courtyards and 55 major temples, out of which most are situated near Durbar Square. Krishna Mandir is one of the major Hindu temples built by Siddhi Narsingh Malla in the 17th century, located at Patan Durbar Square and adorned with excellent stone carvings and 21 golden pinnacles.

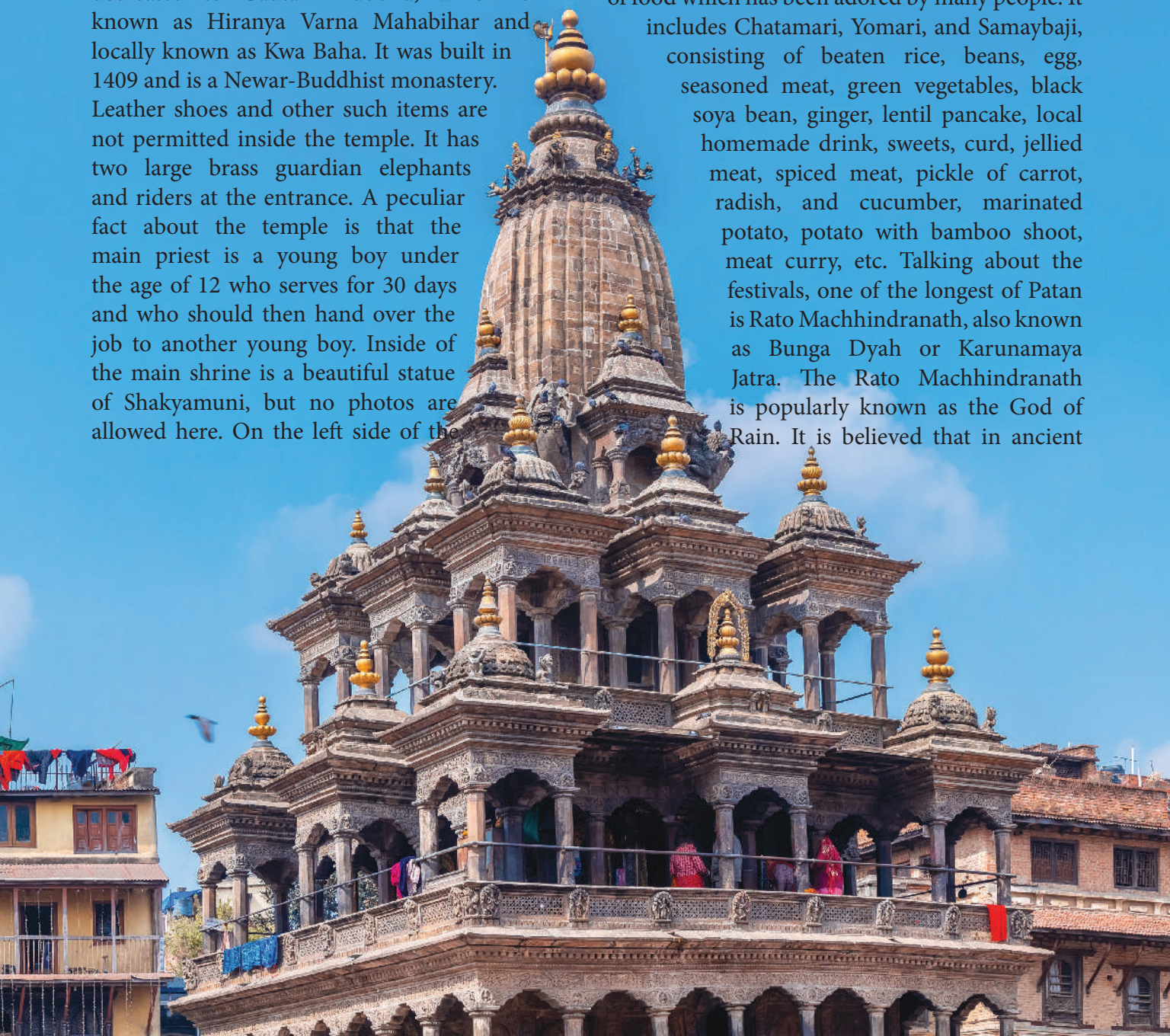
One can find a palace with three main courtyards: Keshav Narayan Chowk, Mul Chowk, and Sundari Chowk within the premises of Durbar Square. Keshav Narayan Chowk is inside the Patan Museum, on whose grounds Keshav Narayan Temple is located. Mul Chowk is the central main courtyard where Vidya Temple is situated at its center and Taleju Temple stands around it. Bhimsen temple is situated in the northern part of Durbar Square, named after Bheema of the Mahabharata, who is also known as the god of trade and business. In the southern part of Bhimsen Temple, stands the Vishwanath

Temple. This temple refers to Lord Shiva and is decorated with erotic carvings. The entrance of the temple is protected by two stone elephants. On the north-east side of Mul Chowk is the Taleju Bhawani, dedicated to the royal goddess of the Malla dynasty, which consists of a three-tier octagonal roof bound by the statues of Ganga and Jamuna, that only opens once a year. The upper galleries are now part of the Patan Museum, which displays the traditional sacred art of Nepal.

The second most popular attraction after Patan Durbar Square is the Golden Temple, dedicated to Gautam Buddha, which is known as Hiranya Varna Mahabihar and locally known as Kwa Baha. It was built in 1409 and is a Newar-Buddhist monastery. Leather shoes and other such items are not permitted inside the temple. It has two large brass guardian elephants and riders at the entrance. A peculiar fact about the temple is that the main priest is a young boy under the age of 12 who serves for 30 days and who should then hand over the job to another young boy. Inside of the main shrine is a beautiful statue of Shakyamuni, but no photos are allowed here. On the left side of the

courtyard is a statue of Green Tara, and on the right is a statue of the large bronze Bodhisattva Vajrasattva wearing amazing gold and silver capes. There is a smaller shrine facing the main temple, Swayambhu Chaitya. Each corner of the courtyard has statues of four Lokeshwor and four antique brass monkeys holding jackfruit as an offering. The stairways lead to the upper floor dedicated to the white eight-armed Avalokiteshvara, lined with Tibetan style frescoes including the wheel of life. The excellent art and architecture of this temple can easily amaze visitors.

The Newari culture of Patan is also rich in varieties of food which has been adored by many people. It includes Chatamari, Yomari, and Samaybaji, consisting of beaten rice, beans, egg, seasoned meat, green vegetables, black soya bean, ginger, lentil pancake, local homemade drink, sweets, curd, jellied meat, spiced meat, pickle of carrot, radish, and cucumber, marinated potato, potato with bamboo shoot, meat curry, etc. Talking about the festivals, one of the longest of Patan is Rato Machhindranath, also known as Bunga Dyah or Karunamaya Jatra. The Rato Machhindranath is popularly known as the God of Rain. It is believed that in ancient



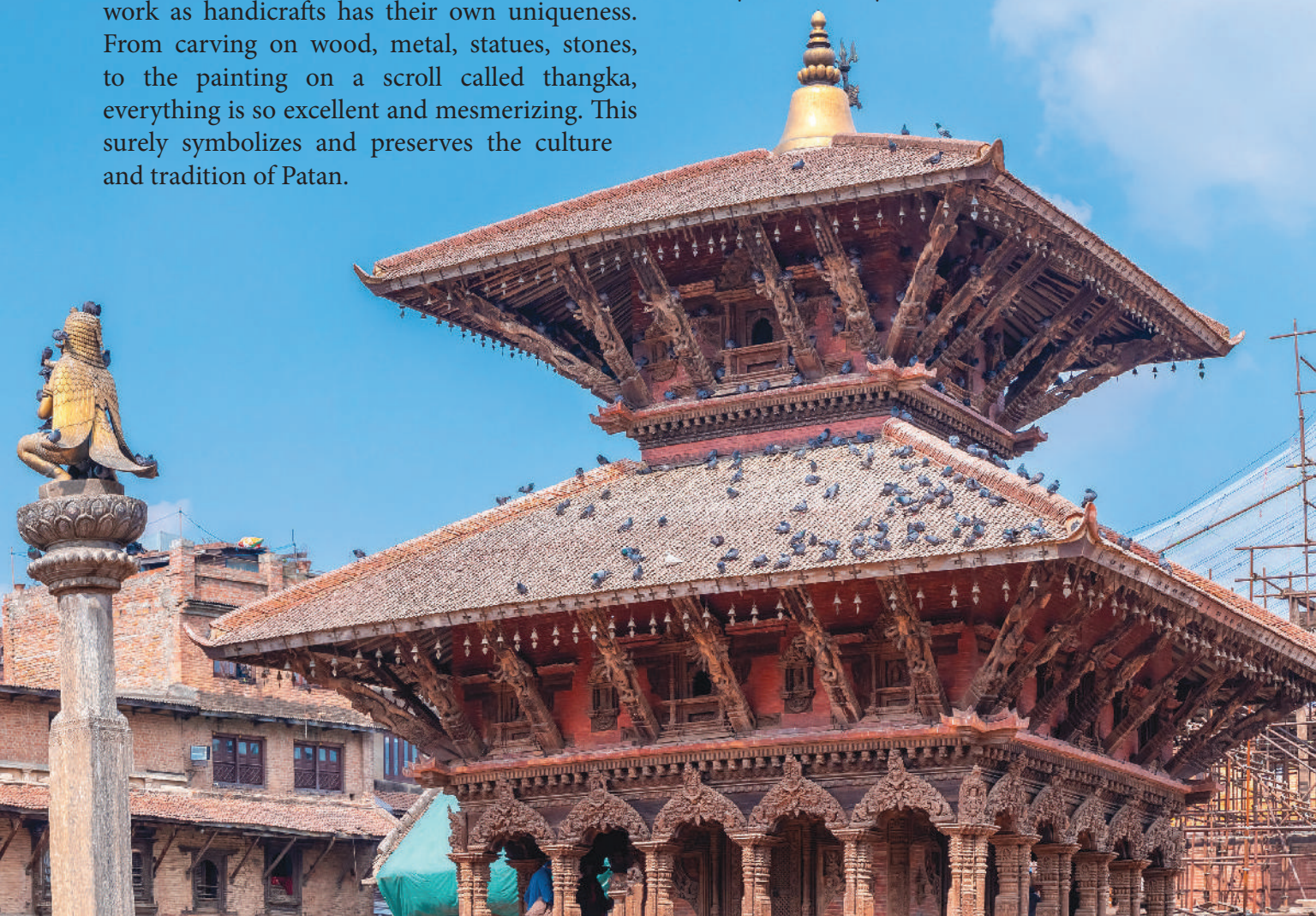
times, people were suffering from drought in the Kathmandu Valley, and three people from Kathmandu, Lalitpur, and Bhaktapur, respectively, went to India to bring Rato Machhindranath to save the valley from the misery. The jatra begins with the construction of a 32-foot-tall chariot made up of wood, cane, and bamboo with two big wheels at Pulchowk. Then, it is pulled from Pulchowk-Gabahal, Gabahal-Mangal Bazaar, Mangal Bazaar-Sundhara, Sundhara-Chakrabahil, Chakrabahil-Lagankhel, and Lagankhel-Jawalakhel. On one particular day of the jatra, coconut is dropped from the top of the chariot in Lagankhel, which also has a tradition of pulling the chariot by women only. The festival ends with Bhoto Jatra, as Bhoto, or vest, is shown to the crowd by the head of the state. The chariot is dismantled and the statue is returned to the temple of Bungamati after the jatra comes to an end.

The people of Patan are very skillful with their hard work as handicrafts has their own uniqueness. From carving on wood, metal, statues, stones, to the painting on a scroll called thangka, everything is so excellent and mesmerizing. This surely symbolizes and preserves the culture and tradition of Patan.

In the city, another most desired event is the Lakhe Naach. Lakhe simply means "demon," whereas Naach means "dance." This dance is performed on the day of Gathemangal with special musical instruments. A person who performs this dance is not allowed to eat chicken, meat or eggs and has to follow strict rules and regulations. In ancient times, only Shakya, Napit, and Kapali could participate, though in present time, anyone can be involved for the Lakhe Nach. The person has to wear a Lakhe costume consisting of a red dress, a demon mask, a voluminous wig, a silk handkerchief, unique jewelry, and must dance barefoot. It is performed only on the streets of selected areas of Patan.

So, Patan has a lot to offer its visitors and outsiders. Immense and liveliness can be felt through all its immortal elements. So, if you plan to take a trip around the Kathmandu Valley, visiting Patan must be at the top of your list on any given day!

Text By: Salisha Shakya





मैले देखेको...डोल्पा !

विदा भयो कि सुत्सुले लागे जसरी कता जाऊँ भन्दै सगवगाउने मेरा खुट्टाहरु गत साल तिहारको छुट्टिमा थप छुट्टी मिलाएर डोल्पा पुगेको थिए । कामको शिलशिलामा कहिले कता कहिले कता पुगे पनि डोल्पा जाने साइत आइपरेको भने थिएन । करिब एक दशक देखिको मेरो “बकेटलिस्ट” मा परेको गन्तव्यस्थल थियो डोल्पा । विद्यार्थी उमेरमा पैसा नहुने र काम गरि खाने हुन सक्ने उमेरमा जिम्मेवारीले थिच्ने अनि मन लागेको समयमा मन लागेको ठाँउमा जान त हम्मे हम्मे नै पो पर्ने रहेछ । नेपालगञ्जमा तालिमको लागि जानुपर्ने भएको ले दशक देखिको मेरो अपुरो सपना वा भनौँ “बकेटलिस्ट प्लेस” जाने मेसो मिल्यो । अरुको परिवारमा कस्तो छ थाहा भएन तर मेरो परिवार मा अझ भनौँ मेरो बुवा मामु काम भनेपछि, देशविदेश जतापनि बिना रोकटोक जान दिने तर घुम्न भनेपछि, चैँ कुखुराले ओथारो बस्दा करकराको जस्तै करकर गरिरहने ।

डोल्पा घुम्न जाने भन्ने बित्तिकै सबैले “अँ ! शे-फोक्शुण्डो” भन्ने गर्छन् । विस्मय यसमा केही छैन किनभने म पनि शे-फोक्शुण्डो घुम्न नै दसक अघि देखि लालायित भएको थिए । तिहारको मुख भएको भएर नेपालगञ्जदेखि भूफालको हवाई टिकट मिलाउन निकै गार्हो भयो तर पछि मिल्यो । गाडीबाट पनि दुनै पुग्न सकिन्छ तर

गाडी भन्दा हवाईजहाजवाट सहजता पुर्वक र छिट्टै पुगिने भएकाले गाडी यो यात्रामा मेरो विकल्पमा परेको थिएन । हवाईजहाजको विहान ६ बजेको टिकट भएतापनि हवाईजहाज चाहीं ८ बजेतिर मात्र उड्न तयार भयो । ग्रामीण भेगमा उड्ने हवाईजहाज सानो र पुरानो हुने कुरा सबैलाई थाहै छ र त्यसमाथि हाम्रो भौगोलिक अवस्था । सुर्खेत कटेरुएकछिनमा एकाएक ठुला डाँडाहरुको विचैविच भएर जाँदा अनि हावाको वेगले जहाजलाई हान्दाको त्रासले ज्यान सिरिङ्ग हुनु त थिँदै थियो तर त्यसको ओखती भनेको मेरा लागी जहाजको दाँयातिरको भयालबाट देखीएका विहानका सुर्यका किरणहरुले लालिमा भरेका हिमश्रृङ्खला थिए । यो पाली बाँया तिर बसे पनि अर्को पाली डोल्पा जाँदा चैँ दाँयातिर नै बस्नुपर्छ भनेर मनले मनाखुशी गर्यो । आधी घन्टा जसोको उडान पछि, भूफाल अवतरण गरियो । विहान होटेलबाट सबै उठेर ५:१५ मा एयरपोर्टमा पुगेको भएर भोकले रन्काइसकेको थियो । एयरपोर्टको ढोकाबाट भर्ने बित्तिकै शाही दाजुको होटेल रहेछ । त्यहाँ छिरेर टन्न खाजा खाएँ र शे-फोक्शुण्डोबाट फरेका यात्रीहरूसँग यसो भलाकुसारी गरें र थप जानकारी लिएँ ।

विस्मात त के भयो भन्दा आउन त आईयो अब कसरी फर्कने भन्ने भयो । त्यस होटेलमा एकै समुहका ९ जना यात्रीहरु थिए र अरु

त्यस दिन पनि मिलेन भने भोलिपल्ट गाडीमा फर्कने योजना गर्दै रहेछन । ठिकै छुट्टाहुने हार दैव नटार भन्छन् अब जे होला होला भन्दै आफु फर्कने दिनको मिति दिएर त्यस दिनको वरिपरिको अघि वा पछि कहिलेको टिकट मिल्छ कि भनेर होटेलको दाजु, यति र सिम्रिकको काउन्टरको दाजुहरूसँग सहयोगको अपेक्षा गर्दै दुनै जाने जीप लाग्ने स्टेशन तिर गएँ । जीपको करिब १ घन्टा जतिको यात्रापछि शे-फोक्सुन्डो राष्ट्रिय निकुञ्ज जाने बाटो निर जीपले रोकिदियो । यो ठाँउमा आर्मीको ब्यारेक पनि छ र भोलुङ्गे पुल तरे पछि सुरु भयो फोक्सुन्डो जाने ११ नम्बर गाडीको यात्रा ! यात्रा पुच्छरदेखि शिरानसम्म निकै रमणीय छ । फोक्सुन्डो ताल बाट बगेको पानी र अन्य खोलाहरु मिलेर बनेको छुइछुइ गर्ने खोलाको तिरैतिर हिँडेपछि बल्ल पुगिन्छ फोक्सुन्डो ताल । बाटोमा हालिएका काठे पुलहरुले पनि वातावरणको शोभा बढाएको थियो । बाटोमा पर्ने लामा होटेलको खाना मिठो छ भनेर धेरैले तारिफ गरेको भएर लामा होटेलमै खाना पनि खाईयो र सुभावा अनुरूप त्यस दिन छेष्कामा बास बसियो । छेष्कामा ताल पुगेर फर्केका जवान टोलीहरु धेरै रहेछन् । धेरै जसो किशोरावस्थाका भाइहरु थिए । एकछिन बात मारेपछि कुरा मिल्न थाल्यो । तिहारमास भएपनि चिसो चै निकै थियो । आगोको वरिपरि बसेर “बस सुन्दरी ठन्डी महिना जाडो छ” भन्दै गित गाँउदै नाचगान पनि थालियो ।

त्यस रात रमाइलो गरी कटाइयो र भोलिपल्ट नास्ता गरेर भाइहरुको सुभावा अनुसार भरना होटेलमा बस्ने निधोका साथ ८ बजे तिर माथि लागियो । यो बाटो अझै रमाइलो थियो । उकाली ओराली तेर्सो परेको बाटो सवै छुन र बिचबिचमा पर्ने चियाघरहरुले पनि यात्रामा निकै सहज अनुभूति दियो । भरना होटेलमा २ बजेतिर पुगिसके पनि रिङ्मो चै भोलिपल्ट मात्र जाने योजना भयो ।

भोलिपल्ट बिहान रिङ्मो जानलाई जुर्मुराउँदै उठेँ र त्यो ठाडो उकालो तिर लम्किएँ । भरना होटेल देखी त नाक ठाडै उकालो थियो । टुप्पो मा बिसाउने ठाँउबाट त तेर्सो होला सोचेर लम्किएको तर त्यहाँ पुगे पछि थाहा भयो कि फिलिम त अझै बाँकि रहेछ । भिरको बाटो अनि सानो । त्यसमाथि हावा लागेर धुलो उडाउने र बेलाबेलामा खच्चड आउजाउ गर्दा यो बाटोमा यात्रा कठिनै लाग्यो । करिब साडे दुई घन्टा उकालो हिँडाइ पछि बल्ल रिङ्मो पुगियो । छेष्कामा काठमाडौँ फर्कन लागेका एउटा भाइले शेर्पा होटेल जानु र मेरो साथी हो भन्नु भनेका थिए । उक्त होटेलका कान्छा छोरा रहेछन् ति भाइ र डिस्काउन्ट मिलाइदिन्छु भनेको भएर शेर्पा होटेलमै बसियो । हुन पनि साथी भनेपछि बेड पनि राम्रो भाको रुम दिनुभयो । रिङ्मो बाट फोक्सुन्डो ताल त जम्मा ५-८ मिनेटको दुरिमा रहेछ तर १० बजे पछि त उखुमै हावा चल्ने रहेछ । बोन गुम्बा पनि त्यहाँ बाट करिब २० मिनेटमा पुग्न सकिने रहेछ । शे- फोक्सुन्डो पुगे पछि त यात्राका थकाईहरु त कता हराई गए ।

शे-फोक्सुन्डो पुगेको त्यस दिन मैले स्थानिय कुराहरु धेरै जान्ने

डोल्पा घुम्न जाने मन्ने बितिकै सबैले "अँ ! शे-फोक्सुन्डो" मन्ने गर्छन् ।



मौका पाएँ। सरोकारवालाहरु सम्म यो कुरा पुग्यो र केही मध्यस्तता भयो भने देश र स्थानीयलाई निकै लाभ हुने थियो। मैले त्यस दिन हेलिकप्टरमा २ टोली आएको देखें। दुई टोली त आए तर आफुले खाने खानेकुरा तलबाटै बोकेर आएका रहेछन्। यसरी त स्थानीयको जीविकोपार्जनमा कसरी टेवा पुग्छ? दोश्रो...स्थानिय श्रोत र साधनको मुल्य मान्यता कसरी हुने? जलवायु परिवर्तनको प्रतक्ष असर डोल्पामा देखिन थालिसक्यो। केहि वर्ष अधिसम्म गाँजर, बन्दा राम्रो नफल्ने ठाँउमा तापक्रम बढेसँगै पहाडी भुभागमा फल्ने खाद्यन्नहरु फल्न थालेका छन्। किसानहरु खुशी त छन् तर यसको अफउयगलमप्लन षडवअतक बाट यी सोझा स्थानिय कसरी जुम्नु? र चौथो कुरा मैले भनिरहेको शे-फोक्सुन्डो खासमा स्थानीय भाषामा त शे-फुक्सुम्धो पो रहेछ। “फुक” को अर्थ चौडा, “सुम” को अर्थ तीन र “धो” को अर्थ दुझ्ना अर्थात तीन कुना चौडा र वरपर दुझले घेरेको भन्ने रहेछ। अर्थ बोकेको स्थानीय शब्दलाई नै बढावा दिएर शे-फुक्सुम्धो भन्नु नै उचित होला कि?

भोलिपल्ट विहान शे-फुक्सुम्धोको Y आकार हेर्न माथि लागियो। उँभो लाग्न हिला भएको भएर चिसो स्याँठले भ्यु पोइन्ट पुग्नजेल हान्नु हानेको थियो र अभै पलातिर Y आकार हेर्न जाँदा त अभै बेसी। Y आकार हेर्ने स्थल सम्म पुगेर फर्कने योजना भएपनि शे-फुक्सुम्धोको पल्लो किनार पनि त्यतिकै मनमोहक छ भन्ने सुनेर

गन्तव्य त्यही टुङ्गाउन मन भएर र पल्लो छेउ “चोलोपु” सम्म पुगियो। साँचै नै पल्लो छेउ त अभै मनमोहक रहेछ। भन वर्षा मासमा त भरना ठुलो भएर दामी हुन्छ रे! हरियो घाँसे मैदान र त्यसका रङ्गीविरङ्गी फूलहरु, सेतो कान्जिरोवा हिमाल पर बाट मुस्कुराएको, छइछइ भरना र उता तिर मनमोहक शे-फोक्सुन्डो ताल! वर्षा मासको यो बखान, त्यताको वातावरण र बाटोमा भेटेका मान्छेहरु देखेर शे-फोक्सुन्डो पुगेर मात्र मलाई डोल्या घुम्न पुगेन। शे-फुक्सुम्धोबाट माथि लागेपछि त डोल्याको वास्तविक रहनसहन थाहा हुने रहेछ र उपल्लो डोल्या यहाँबाटै सुरु हुने रहेछ। त्यताको जीवनशैली र रहनशहन हेर्न मन साँहै लोभि भयो तर के गर्नु समय कम थियो तर घुम्ने रहर यथावतै। अर्को पाली फेरी डोल्या अलि धेरै दिनका लागि जाने योजना मनमा गुँथेर म डोल्या देखि काठमाडौँको यात्रामा हिँडे। दुई दिन शाही दाजुको होटेलमा बसियो र बल्ल तल्ल टिकट पाईयो र भाग्यवस त्यो पनि सिधै काठमाडौँ कै! नेपालगञ्ज पुगेर फेरी काठमाडौँको यात्रामा लागनुपर्ने भ्रमेला परेन। अन्ततः भूफालदेखि काठमाडौँको हवाई यात्रामा अन्नपुर्ण हिमश्रृङ्खला एकदम नजिकबाट हेर्न पाइन्छ। धेरै सम्भना ताजा भए र मेरो अहिलेसम्मकै सम्भनलायक र रमणीय हवाई यात्रा यहि नै रत्यो।

-साहारा मिश्र

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KUALA LUMPUR



CURRENCY EXCHANGE:

1 MYR = 0.22 USD (as of Sep 26, 2022)

TAXI SERVICES:

Uber, Grab Taxi, Easy Taxi, EzCab, ComfortDelGro Taxi Booking App

PLACES TO VISIT:

Petronas Twin Tower, MinNature Malaysia, Aquaria, KLCC Park, Royal Selangor Visitor Centre, Kuala Lumpur Bird Park, Menara Kuala Lumpur, Pavilion KL, Islamic Arts Museum Malaysia, Jalan Alor, Suria KLCC Mall, Perdana Botanical Garden

FAMOUS CUISINE:

Roti Canai, Nasi Lemak, Cendol, Masak Lemak, Rendang, Wan Tan Mee, Satay, Nasi Kandar, Bak Kut Teh, Yong Tau Foo, Banana Leaf Rice, Hokkien Mee

GIFTS AND SOUVENIRS TO BUY:

Traditional Malaysian Garments – Batik, Arch, Antiques, Vintage Clothes, Jewellery, Sabah Pearls, Kerongsang Brooches, Cucuk Sanggul, Handicrafts of Indigenous People, Wau – Handmade Kites, Boh Tea, Traditional Malaysian Curry Paste, Spices & Sauces, Chocolate with Tropical Fruits.

SALES OFFICE

Pelancungan Etonic Sdn. Bhd. (76533-X), Etonic Travels, Etonic Travels Wisma Paradise, 2nd Floor, 63 – Jalan Ampang, 50450 Kuala Lumpur, W.P. Kuala Lumpur, Malaysia.
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DUBAI



CURRENCY EXCHANGE:

1 AED = 0.27 USD (as of Sep 26, 2022)

TAXI SERVICES:

Dubai Taxi Corporation, Careem Dubai taxi services, Dubai private tour, Rental cars UAE, Altair Chauffeur, Penguin taxi,

PLACES TO VISIT:

Burj Khalifa, The Dubai Fountain, The Dubai Mall, Dubai Miracle Garden, Global Village, Dubai Frame, Atlantis Aquaventure Waterpark, La Mer, Burj Al Arab, Ski Dubai, Dubai Creek, Dubai Aquarium & Underwater Zoo.

FAMOUS CUISINE:

Luqaimat, Knafeh, Camel, Turkish cocktails, Samboosa, Arabic coffee and dates, Margoogat, Chebab, Machboos, Khubz

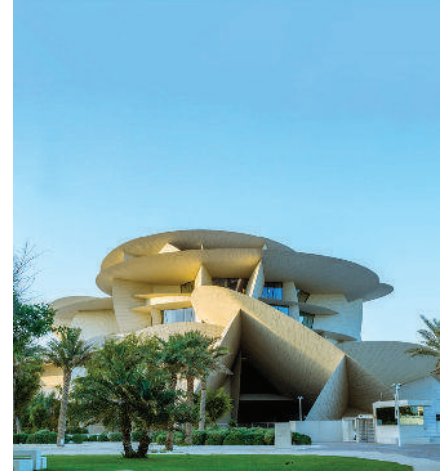
GIFTS AND SOUVENIRS TO BUY:

Camel Milk Chocolate, Dubai Dates (Dried Fruits), Persian Rugs and Carpets, Oudh and Bakhoor, Arabic Attars (Perfume Oil), Pashmina Shawls, Gold Jewelry, Coffee and Arabic Coffee Pot, Dubai Spices.

SALES OFFICE

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Ground Floor shop No. 09, Souk Al Kabeer Building,
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DOHA



CURRENCY EXCHANGE:

1 QAR = 0.27 USD (as of Sep 26, 2022)

TAXI SERVICES:

CABZ Transport WLL, Fox Limousine, Karwa, Uber, Get2Go, Ryde

PLACES TO VISIT:

Museum of Islamic Art, Corniche, Souq Waqif, Khalifa International Tennis & Squash Stadium, Aspire Park, Katara Cultural Village, The Pearl, Qatar National Museum, Islamic Cultural Centre, Sealine Beach Resort, Barzan Towers.

FAMOUS CUISINE:

Machboos, Umm Ali, Kunafa, Arabic Mezze, Saloona, Karak, Samboosa, Luqaimat, Thareed, Regag, Koftas, Shawarma, Falafel, Aseedaa, Harees, Balaleet

GIFTS AND SOUVENIRS TO BUY:

Al-Sadu weavings, Dallah coffee pots, Arabic sweet treats, Oud fragrance, Pendant with your name in Arabic, Incense and traditional incense burners, Ornamental wooden boxes, Arabian lamps, Pashminas, shawls and scarves

SALES OFFICE

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DAMMAM



CURRENCY EXCHANGE:

1 SAR = 0.27 USD (as of Sep 26, 2022)

TAXI SERVICES:

Careem Taxi App, Uber Taxi Service, Jeeny Taxi Service, Bolt Taxi Service, Kaiian Taxi App, KDDAD Taxi Service, Offer Taxi Service

PLACES TO VISIT:

Dolphin Village, Heritage Village, Marjan Island, Kig Fahad Park, Cobra Entertainment City, Mahara Carting Track, Paintball Battle, Tick tok Escape Room, Aljowharah Museum, Water Island, Adventure World, Al Othaim Mall

FAMOUS CUISINE:

Yemeni Mandi, Nejdi Kabsa, Mitabbak, Biryani, Bukhari, Manzalah, Magliya

GIFTS AND SOUVENIRS TO BUY:

Dates, Date Jam, Date Serving Dishes, Gold, Oud Perfume, Camel Milk Soap, Camel Milk Chocolate, Dallah, Rugs, Scarves

SALES OFFICE

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RIYADH



CURRENCY EXCHANGE:

1 SAR = 0.27 USD (as of Sep 26, 2022)

TAXI SERVICES:

Uber, Mondo Taxi, Careem, Taxi Pixi, Easy Taxi

PLACES TO VISIT:

Al Masmak Fort, Deerah Souq, Murabba Palace and the King Abdul Aziz Historical Center, Historical Diriyah, The National Museum, Deera Square, Sky Bridge at Kingdom Center, Al Faisaliah Tower

FAMOUS CUISINE:

Shawarma, Kabsa, Dajaj Mashwi, Harees, Gursan, Hininy, Tharid, Saleeg, Ma'amoul, Jalamah, Ruz Al Bhukhari, Martabak

GIFTS AND SOUVENIRS TO BUY:

Hurma, rosary, electronic products, local clothes and handicrafts.

SALES OFFICE

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DHAKA



CURRENCY EXCHANGE:

1 BDT = 0.0095 USD (as of Sep 26, 2022)

TAXI SERVICES:

Uber, Pathao, Chalo, Obhai, Shohoz

PLACES TO VISIT:

Ahsan Manzil (Pink Palace), Lalbagh Fort, Sadarghat, Kawran Bazar, Dhaka Shipyard, Armenian Church, Dhakeshwari Temple, Star Mosque, Parliament Building of Bangladesh, Shakhari Bazar, Mridha Mosque, Bait-Ur-Rouf Mosque, Liberation War Museum.

FAMOUS CUISINE:

Paratha, Kachchi Biryani, Bhuna Khichuri, Patla Khichuri, Morog Polao (Chicken Pilaf), Rice with Curry, Vorta, Vaji, and Daal, Grilled Chicken with Naan Roti, Haleem, Sheek Kabab, Fuchka, Misti Doi (Sweet Yogurt), Doi Chira, Falooda, Rasmalai, Borhani, Sweet Lassi

GIFTS AND SOUVENIRS TO BUY:

Wonderful silk, traditional Bangladeshi clothes such as Jamdani sarees, brass, leather, bamboo products, ceramics, jewelry, and the famous pink pearls.

SALES OFFICE

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KUNMING



CURRENCY EXCHANGE:

CNY = 0.14 USD (as of Sep 26, 2022)

TAXI SERVICES:

Blacklane

PLACES TO VISIT:

Stone Forest, Western Hill and Dragon Gate, Village of Ethnic Culture, Dianchi Lake, Yuantong Temple, Jiuxiang Caves, Dongchuan Red Soil, Luoping,

FAMOUS CUISINE:

Over-the-Bridge Rice Noodles (过桥米线 Guòqiáo Mǐxiàn), Steam Pot Chicken (汽锅鸡 Qìguō Jī), Yunnan Rice Cake (饵块 Ěrkuài 'Food Chunks'), Smoked Smelly Bean Curd (烤臭豆腐 Kǎo Chòudòufu), Eight Treasures of Yunnan (云南八宝饭 Yúnnán Bābǎofàn), Grandma's Mashed Potatoes (奶奶洋芋 Lǎonǎi Yángyù), Guandu Baba (官渡粑粑 Guāndù Bābā)

GIFTS AND SOUVENIRS TO BUY:

Glass Painting, Ganba Mushroom, Woodcarving Craftwork, Spotted Bronze Craftwork, Burmese jade and other stone items

SALES OFFICE

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KUWAIT



CURRENCY EXCHANGE:

1 KWD = 3.17 USD (as of Sep 26, 2022)

TAXI SERVICES:

RideRove, Q8 Taxi services, Careem, Araba Ho, BIM BIM Bikes

PLACES TO VISIT:

The Grand Mosque of Kuwait City, Abdullah Alsalem Cultural Centre, Al Kout Beach, Topol Palace, National Museum of Kuwait, Kuwait Magic Mall, Science and Natural History Museum, National Evangelical Church, Bait Al Outhman Museum, Al Shaheed Park

FAMOUS CUISINE:

Machboos, Quoz, Muttabaq Samak, Gers Ogaily, Khubz, Jireesh, Maglooba, Margoog, Gabout, Harees

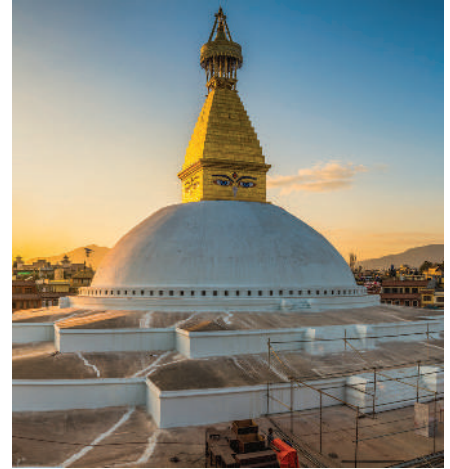
GIFTS AND SOUVENIRS TO BUY:

Decorative ornaments, Local teapots and cups, Sheep wool rugs, Perfumes, Kuwaiti sweets, dried fruits, nuts, or dates.

SALES OFFICE

Resource Management International
2nd Floor, Office No. 11, Sheikh Sabika Building, Fahad Al Salem Street, Kuwait City, State of Kuwait
Phone: +966138332300
Email: sales.kwi@himalaya-airlines.com

KATHMANDU



CURRENCY EXCHANGE:

1 NPR = 0.0076 USD (as of Sep 26, 2022)

TAXI SERVICES:

Taximandu, Pathao, Indriver, Easy Taxi Nepal, Eddycab, Sarathi

PLACES TO VISIT:

Boudhanath Stupa, Pashupatinath Temple, Swayambhunath, Basantapur Durbar Square, Patan Durbar Square, Bhaktapur Durbar Square, Narayanhiti Palace Museum,

FAMOUS CUISINE:

Momos, Laphing, Sel Roti, Dal Bhat, Traditional Newari Food: Samyabaji, Chatamari, Yomari

GIFTS AND SOUVENIRS TO BUY:

Thangka Paintings, Singing bowls, Yak Wool, Prayer Flags, Fossils (Shaligrams), Scarves/Pashminas/Kasto, Prayer Wheels, Mala Beads, Gorkha Knives (Khukuri), Wood Carvings, Pottery

SALES OFFICE

Kathmandu Sales Office
Gairidhara – 2, Kathmandu, Nepal
Phone: +977 1 4004110, +977 1 4004000
Extn. 206 / 207 / 208
Mobile No: +977 9851245191,
+ 977 9851128989, +977 9861776482
Email: sales@himalaya-airlines.com



The H9 Teej Groove !

During a specially organized event on Aug 26, 2022, H9 ladies celebrated the Teej festival with much vigor and enthusiasm, participating in various team building activities.

Diplomatic Flight to China

Himalaya Airlines operated a special diplomatic charter flight to Qingdao (Tsingtao), China on Aug 09, 2022, for the official visit of Hon. Minister of Foreign Affairs Dr. Narayan Khadka. The eleven-member delegation of MOFA officials returned on Aug 11, 2022 via flight H9 7221 after the two-day visit.



H9 Collaborates with NATHM for National Tourism Conclave 2022

Himalaya Airlines collaborated with the Nepal Academy of Tourism and Hotel Management (NATHM) to organize the first National Tourism Conclave 2022. The program held from September 6 – 8, 2022, brought together all the stakeholders of the Tourism and Hospitality Industry. Himalaya actively supported this program as tourism promotion has always been H9's core objective.

Acknowledging H9's commitment and support, NATHM awarded H9 with a token of appreciation. Himalaya Airlines received the token from Mr. Suresh Adhikari, Chairman of NATHM/ Secretary of Ministry of Culture, Tourism and Civil Aviation (MOCTCA)

H9 reciprocated the token of appreciation to NATHM, which was received by Mr. Rajesh Upreti, Executive Director of NATHM.

H9's CSR Report Release for 2020-2021



Himalaya Airlines released its first Corporate Social Responsibility Report for pandemic years 2020 – 2021, during a Press Meet held on Aug 03, 2022 at Hotel Radisson. Head of Department - Brand and Head of Department - Maintenance and Engineering released the company CSR report amidst the gathering of national and international media fraternity.

On the release of the report, Head of Department-Brand remarked “Past two years have been challenging as COVID-19 pandemic

disrupted people’s lives and overturned businesses and economies worldwide. During these challenging times pushing all boundaries and limitations, not only did Himalaya try its best to survive but also kept its commitment for the betterment of the society and has been able to make significant contributions in all possible ways. Overall growth and social welfare are two key facets of our business to which we consistently commit ourselves for securing a growth-oriented future trajectory of our business.”

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HIMALAYA FAMILY GETS BIGGER!

CONNECTING KATHMANDU TO KUWAIT



Expanding its international footprint, Himalaya Airlines has added Kuwait as its 8th international scheduled destination and 6th gulf city.

The country of Arabian Peninsula, Kuwait is a significant travel destination for Nepalese especially to those who travel to the city for employment and business purposes.



Weekly flights for Kathmandu-Kuwait-Kathmandu are being operated July 15, 2022 onwards.



As Nepal and Kuwait enjoy friendly and cordial relationship, the inauguration of Kathmandu-Kuwait-Kathmandu sector by Himalaya Airlines will further strengthen this connection between the two nations

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THINGS TO KNOW BEFORE TRAVELING TO NEPAL IN 2023

The new year 2023 is just around the corner and the tourism industry of Nepal is gradually improving to get back to its best form. The number of tourist arrival in Nepal has increased since the nation opened its door to the tourists traveling in Nepal for different tourism activities. More than 20,000 visitors arrived in the month of August and September each. A far better stats from the previous months. Now that December is about to end, what should you expect for your visit to Nepal in 2023.

BEST TIME FOR TREKKING

2023 can be the best year for trekking in Nepal, if you are planning for one. As compared to the time before corona virus, there are very low number of tourists arrival till November with just over 26000 visitors last month. So some of the popular trails which used to be crowded during the best season can now be a less busier.

It is winter and January is one of the best month for trekking in the snow capped mountains of Nepal as you get to see the clear views of the mountain ranges this time of the year. . We can expect, similar number or a slightly more tourists arrival in the month of January. So these trekking trails and off the beaten path treks might have less crowded during the initial lvrriod of time.



ADVENTURE SPORTS

The adventure sports like bungee, rafting, Paragliding, zipline, kayaking are getting a lot of impressions among the both domestic and international tourists lately. Nepal has always been one of the favourite destination for bungee and rafting for the tourists worldwide.

There is a new company , 'The Cliff' at Kushma which operates one of the longest bungee jump in the whole world. Along with that, they also provide different other adventure sports like sky cycling, and swing as well.

Moving on to the water sports, Nepal has some fast flowing rivers where you can get the best white water rafting experience and Bhotekoshi and Trishuli are some of the popular rivers for the thrill of rafting. Kayaking on the other hand is equally thrilling experience. There are several more adventure sports like, paragliding, parahawking, canoeing.



Kaushal Subedi

UNIQUE ART AND ARCHITECTURES

As Nepal is rich in culture, there are several arts and architectures that are unique from each other. Pagoda style, to Stupa and Shikhar style of temples and architectures can be seen in different parts of the country. Most of the festivals are totally dedicated for gods and temples, so you can see the traditional jatras and celebrations around these temples during different time of the year.

Thangka and Mithila painting are ones to look at as well during your trip to Nepal.

The difference in the three different geography has resulted in the varieties of settlement and housing in three different regions of Nepal. Different communities have their own traditional way of settlement, however the city areas like Kathmandu has slowly filled with modern house in the present world.

Text By: Rijan Maharjan



Diya Pokharel

DASHAIN AAYO!



Dashain certainly has a different vibe and a good feeling that makes us happy from the heart!



Bada Dashain is one of the most significant and longest Hindu festivals. Also known as Dussehra, the festival is celebrated for 10 days and is also filled with joy and happiness, which represents victory over the devil.

In Hindu mythology, the demon Mahishasur raged a battle against the gods as he was granted a wish by Brahma. He could only die in the hands of a woman, thinking that no man or god could harm or kill him, but Goddess Durga killed the hostile devil. So, the first nine days of Dashain commemorate the clash that took place between Goddess Durga and Mahishasur. The Goddess finally won over the demon on the tenth day of Dashain. Hence, the celebration of Dashain is when people worship Goddess Durga and also

remember the fact that truth always wins over a lie.

In the year 2022, Dashain will be celebrated in late September and continue till the beginning of October. The festival starts off on the day of Ghatasthapana and ends on Kojagrat Purnima.

All schools, colleges and offices are closed to celebrate Dashain, which also reflects the importance of this auspicious festival. People travel back to their homes from abroad as well as cities to their villages to meet their family, close ones, friends, and relatives. This is also an occasion for the renewal of community ties. Most people migrate to foreign countries or urban areas for work or higher education, and Dashain provides an excellent opportunity for

them to reconnect with family members and celebrate the festival together. Delicious feasts, especially with meats like mutton, chicken, and buff, are prepared. People also drink, play cards, and gather around for this big celebration.

One unique aspect of this festival is that Malshree Dhun is played only during this period, which is a classical tune played with traditional instruments.

Usually, people buy new clothes and clean their homes and surroundings before the advent of Dashain. They also exchange greetings and gifts. During this time, the clear blue skies are covered with colorful kites in the evening time. People of all age groups fly kites with a message to send to God to not shower the rain anymore.

Tall and huge swings are another major attraction of Dashain. Swings made up of bamboo, wood, rope, and other materials are built, and people of all age groups enjoy swinging during Dashain. There is also a saying that is attached to the practice of swinging. It is believed that if your feet do not touch the ground, one will go to heaven.

Animals like buffaloes, goats, etc. are slaughtered and their blood is offered to Goddess Durga. Tools, equipment, machines, and vehicles are also worshipped on the eighth and ninth days with offerings as well. The vehicles are worshipped to avoid accidents and other road mishaps.

On the very occasion of the tenth day of Dashain, which is also specifically termed as Vijaya Dashami by many, people put Tika, which is made by mixing curd, rice, and red color powder on their forehead; Jamara, a long green or yellow-colored grass type that grows from the seeds sown in sand on the first day of Dashain; on the ear or hair from the elderly with blessings; and Dakshina, a certain amount of money which is given to younger ones. There is also a tradition of



offering fruits or gifts to the elderly, known as "Koseli."

In the past days, people used to exchange greeting cards to wish on this greatest festival because, during that time, internet users were few and most didn't know about it. Due to the advancement of technology, a lot of things have changed, and things have definitely become easier and more convenient.

Out of all the other festivals, Dashain certainly has a different vibe and a good feeling that makes us happy from the heart. It is the time when the entire country looks more glorious and vibrant, just like the weather conditions as it stops raining and the temperature remains basically low, but also not very cool. The sun glows, the trees look greener, and with their magnificent blossoms, we can feel its freshness.



THE POWER OF POSITIVE LEADERSHIP

MR. VIJAY BAHADUR SHRESTHA

He has held leadership positions in Nepali Airlines for the last three decades. Starting as the head of marketing of Nepal's first domestic private airline, which was Nepal Airways, Mr. Vijay Bahadur Shrestha is currently the founder Vice President of Administration of Himalaya Airlines. His enriched aviation experience includes initiating Yeti Airlines' management as the founder General Manager and being the founder Executive Director of Flyyeti (Nepal's first JV international airline). He has also led the Airlines Operators Association of Nepal (AOAN) as the president and has been associated with the Civil Aviation Authority of

Nepal (CAAN) as a board member twice. He was nominated by the Government of Nepal as a member of the Civil Aviation Policy drafting committee on several occasions.

While summarizing his role as the Vice President of Himalaya, Mr. Shrestha shares that the challenges for the company are largely external. As it is a globally acknowledged fact that the airline industry is one of the most regulated industries, the business is massively dependent on government support. According to him, our country's airlines are at a comparative and critical disadvantage vis-à-vis their foreign counterparts for a variety of

reasons. For example, in Nepal, aviation turbine fuel (ATF) prices are generally double compared to the international market price. Foreign airlines frequently operate larger aircraft with tankering capacity for both legs of the journey, allowing them to avoid lifting expensive fuel in Nepali airports. We cannot tanker fuel on return flights from foreign airports, unlike local airlines operating narrow-body aircraft. We have to lift ATF at each airport due to limited aircraft fuel capacity for one leg of the journey. When priced normally, ATF is known to make between 30 and 40% of an airline's direct operating cost (DOC). Currently, the ATF price has gone up twice, meaning the cost disadvantage has become more critical for local airlines. Despite the appeal of the airline industry to maintain the ATF price as per the international market, the government is yet to come up with a response, he remarked.

Likewise, he further added that Himalaya has fulfilled all requirements of the regulator for self-ground handling of its flights and aircraft and has been awarded a self-ground handling license. However, the government is yet to allow Himalaya to enjoy its self-ground handling rights as a bona-fide airline, contributing to the nation in manifold ways. Nevertheless, he is optimistic about the company's future and the support from the government.

When asked how he keeps his team(s) motivated in the face of conflict and obstacles, he stated that every conflict has a cause(s). In organizations, there are diverse causes of organizational and interpersonal conflicts that depend on the types of organizations, working cultures, and related individuals' personality matrices, etc. Handling such conflicts has to be looked at from immediate and longer-term points of view with organizational result goals in mind. Often, conflicts and disagreements are helpful for better decisions and more effective actions when they are well processed through constructive decision making and implementation. In such a case, people in conflict may find themselves in more satisfying situations after having seen

good results. The idea here is to create space for positive exchanges between team members with opinions, ideas, and thoughts. Next, it is important to educate team members about the reality of not being omnipotent and about the need to appreciate the opinions and strengths of other members while compensating for their weaknesses.

As a leader himself, Mr. Shrestha has a clear view that leadership is about creating and developing new and more effective leaders. A primary job of those like him is to create a space for younger generations where they can sharpen their axes of competence. It's a pre-requisite for enabling the existing societies in business, political, and other spheres to create more useful values for human and non-human lives. It's about the creation of a better world. On the other hand, leadership is also about ensuring justice for those around you—regardless of gender differences, people's backgrounds, and so on. It's about ensuring a fair, small world for the people around you.

So, he thinks that a leader should consistently engage a team to work through a set of company philosophical guidelines. Such guidelines tie employees along the same thread with an aim for the attainment of the company's broader goals and objectives and eventually towards the company's mission post. To further explain the value of leadership, he exemplified that in H9, guidelines related to safety are for the creation and continuation of a safety culture across the organization. Similarly, guidelines for other critical aspects of the business are service orientation, team spirit, winning spirit, proper conduct, performance, and thriftiness.

While looking back at his own professional journey in retrospect, Mr. Shrestha has seen and been a part of many changes in the aviation industry over the last decades. Some changes are more critical than others. He added that the concept of budget airlines has overwhelmed the industry and revolutionized air travel. As per his experience, some important changes felt over the years are: diversification from the hub-

and-spoke model to the point-to-point model; GDS to online booking portals, paper tickets to e-tickets, focus on single aircraft type and all economy configuration; concentration on regional travel, growth of domestic aviation in many countries, shift of aviation concentration from North America and Europe to Asia; and significant changes in technological-aspects of the business as well.

Coming back to the strength of Himalaya, he says that a great team and a committed and focused leadership are the keys to the growth of the company that also has a continual contribution to the Nepalese society and economy. The clearly set guidelines reflect a clear path for corporate thoughts, decisions, and actions. Over the past years, H9 has made significant revenue contributions to TIA, Nepal Airlines, Nepal Oil Corporation, Tax Authority, CAAN, and Nepal Tourism Board. H9 has supported the government of Nepal during the COVID-19 Pandemic by providing financial contributions to the PM Fund for COVID-19 Control, medical equipment and goods to various hospitals, free flights to/from Kabul for the shipment of emergency relief materials on the call of the Nepal government and free international flights for the Nepal government for various important missions. H9 has been engaged in the development of locally skilled and specialized manpower and has made a significant investment therein.

Foreseeing the future of Himalaya, Mr. Shrestha elucidated, H9 aims at being an exemplary regional airline and intends to help the growth of the Nepalese economy and tourism on an ongoing basis. In the future, it will be serving various segments of the traveling population, both Nepalese and non-Nepalese, and aiming to attain a set target of tourist arrivals in the country.

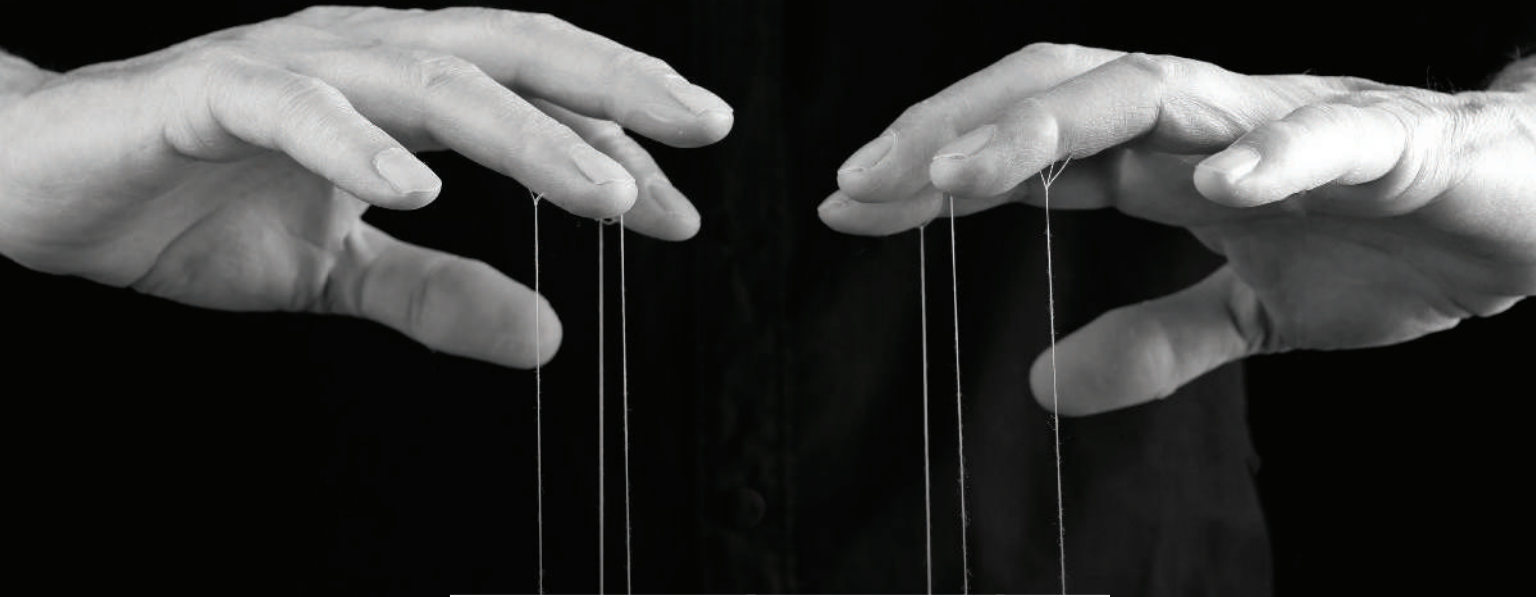
To the readers of Danfe, he wants to convey that at H9, passengers are viewed as the most important stakeholders. To provide economical

and reliable air transport for valuable passengers and to pursue the continued goals of on-time flights and of ensuring timely response to inquiries and request calls from passengers is the company's priority. Over recent months, ancillary services have been started for the passengers' convenience.

Lastly, he mentioned that the H9 team would continue to study the needs of the passengers and bring about positive changes in its services.



Often, conflicts and disagreements are helpful for better decisions and more effective actions when they are well processed through constructive decision making and implementation.



सत्ता

- जनार्दन अधिकारी धङ्कन

फुटबल खेल जस्तै
जनातालाई
घरि लात्तीले
घरि हेडिडले हान्दै
गोलको खुशी दिन्छु भन्दै
खेल्लै छन् नेता
सत्ताको खेल ।
निष्ठा हरायो
ईमान्दारीता हरायो
त्याग हरायो
पैसाको राजनीति
पैसाको कुटनीति
पैसाको गुटनीति
पैसाको छुटनीति
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लुटनीति
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फुत्त निस्केर
ह्वात्त कुर्सिमा
हाम फाल्दै
मान्छे तान्ने चुम्बक
जडान गर्दै
निलिरहेछन् भत्ता
चुनाब जित्यो
चार वर्ष बेपत्ता
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जे छ कुर्सिमा छ
जे जसरी गर कुर्सि बचाउ
सानो रोग लाग्यो
विदेशमा जचाउ

योजना कार्यान्वयन बिना
फाईल सदर गरी पचाउ
सत्ता ?
प्रश्नै प्रश्नको डिस्नेरी
उत्तर कतै न भेटिने
गठबन्धनको डोरी
कसेर
सत्ता पोको पाउँ
पाटी एकबाट
अर्कोमा साउँ
अध्यक्ष नयाँ
अर्जुन दृष्टि
उही सत्तामा
अजिब छ
यो सत्ता ।





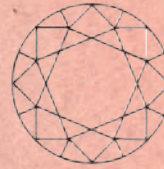
Lets talk the carats!

What is a Diamond Carat?

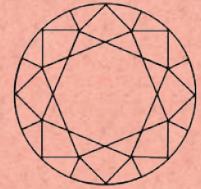
Carat denotes the weight of a diamond and not the size.

Diamond Carat Charts

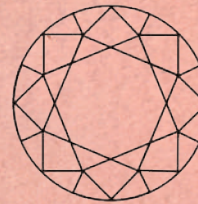
Carat weight can appear differently across different diamond shapes, such as round brilliant, princess, pear, oval, cushion, marquise, emerald, radiant or heart. A diamond may have a higher carat weight without appearing larger, and two diamonds of the same carat weight can vary in size if one is cut deeper than the other. In other words, it is important to note that carat weight does not necessarily denote size.



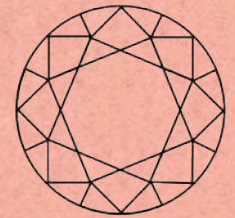
1.00



1.50



2.00



2.50

Is a Higher Carat Weight Better?

Taken by itself, carat weight does not determine a diamond's value. For example, two one-carat stones can vary widely in price when clarity, color and cut are taken into consideration. When that is understood, it is clear that large diamonds of peerless quality are rare.

***Sizes are shown for proportionality purposes. Images do not reflect actual carat size**

*** Shree Balaji Diamond measures diamonds to 1/1000th of a carat; one carat equals 200 milligrams. SBD diamonds are always cut to maximize beauty, not carat weight.**



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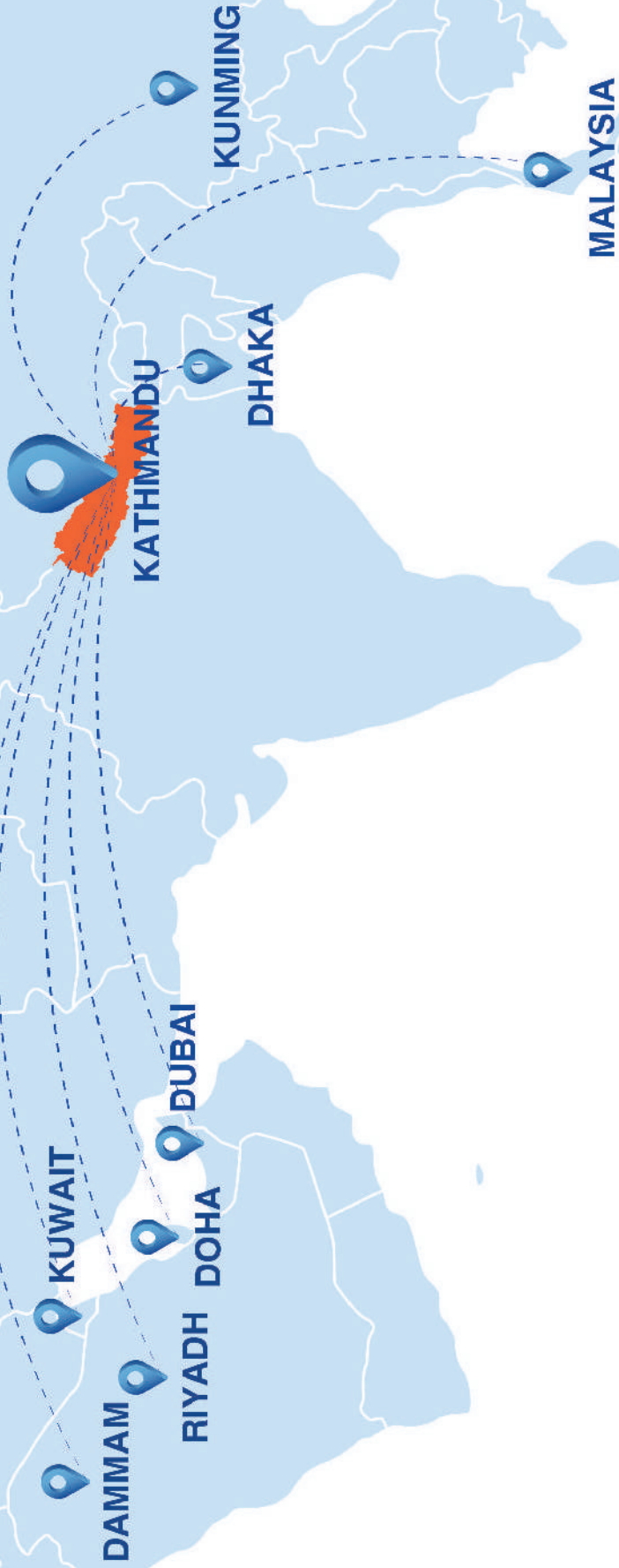


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HOW COMPATIBLE ARE YOU?



Aries

You should learn to live a life positively as you need to get free of pessimism's power, which will result in a better outcome in your life. You need to emerge from worse circumstances in your life and glare. You will go through health issues due to the change in climate. The upcoming months will be filled with love, joy, and peace. Work hard with your full assurance and dedication as your business will take a great turn.

If you are searching for a perfect fit, then try Sagittarius as both of you are fearless, enthusiastic, and sociable and will support each other.



Taurus

You will be in that position to bring up your personal and professional connections with love, positivity, and calmness. Make sure that you work on your mental health to make sure that no chronic illness will trouble you. You will get opportunities to travel abroad. Work towards accomplishing a spiritual path.

People born under this sign will be surprisingly stubborn. So, Capricorn or Virgo or even Taurus make a great match as they are passionate and caring as well, which could equalize the stubbornness. They also enjoy the same basic nature.



Gemini

Business people will be able to gain a great surplus. You need to work on your personal relationships as there may be a problem in your decision-making. Ensure that you are committed to your goals and ambitions. You should be tough and optimistic. Health prospects are good.

As Gemini are fun-loving, they should be compatible with Libra, Sagittarius, and Aquarius. They have the same level of curiosity and need to explore.



Cancer

To become the best, live your life without comparing it to the lives of others. There will be competition at your workplace, but you should be fearless. Do your part and let destiny find its path. Business will grow as the economy is on the right track. There will not be any health issues, but you need to make sure that your loved ones also enjoy better health.

Cancer is best for Scorpio, Pisces, and Virgo as they are too independent, intuitive, and emotional.



Leo

You should take good care of yourself with a healthy diet. Take a break from your busy work life and bond with your loved ones. Your career prospects will take a huge turn for the better as you have to sustain your discipline. There will be challenges, so you should be able to face them.

Sagittarius, Aquarius, and Gemini are the suitable matches as per Leo's excitement and expectation.



Virgo

You should be able to create a balance in your life and all will be well. You will have a great relationship with your colleagues. You have to create boundaries so that you won't get distracted, can perform better and fulfill your duties. Secure your goals and begin to work on them. There might be some health issues.

People with the Virgo sign can trust Taurus and Scorpio as they are trustworthy potential partners and have their own code of conduct to live by.

All of the 12 horoscopes are linked to one of the four elements: fire, water, air, or earth. This reflects crucial energy in each one of us as it relates to our unique nature with astrological signs and reveals a keen impact on character traits, intensity, action, and thoughts. Signs having identical elements are generally compatible as they recognize each other the best.



Libra

You should be able to make changes in your career that should be different from others, which will lead you to financial stability. Positive strength will surround you and you will be able to achieve all you desire. You should socialize more so that you can create bonds with people.

As a Libra, you might want to stick with your own sign. People of this sign can also do well with Aries and Aquarius as well, who provide interesting challenges.



Scorpio

Change is necessary for you, so please embrace it in your life. Worry less in your professional life as positivity will soon take place, although you might face some challenges. The health prospects are fabulous. Live a healthy lifestyle which will lead to having a balanced mental, physical, spiritual health.

Pisces or Cancer can match the intensity of Scorpio as they experience the world through their emotions. They are able to build powerful bonds that Scorpio secretly seeks.



Sagittarius

Even if you are facing troubles in your career do not hold back, all you need to do is just focus on your growth. You should be able to shut the mouth of people with your progress. Financial prospect will be excellent as you will need an advisor about how to save your money. Your health may have some problems so don't neglect it. Travelling may be great for you as it will bring you huge profits.

Sagittarius often vibrate best with their own sign along with Gemini as they have inquisitive and energetic lifestyle.



Capricorn

You will do great in your career with the support of your loved ones, though your finances will not be that great. Business people will have a challenge in profitmaking. You should be able to improve your lifestyle. The upcoming months will be filled with peace, harmony, and trust.

Capricorn tend to get along with Virgos and other Capricorns as they sympathize their desire to be best.



Aquarius

Always follow the right path. You should be open to positive changes in life and remember that it's never too late to open your heart and mind to love. Business people will gain a huge surplus. Your health might not be good as you may suffer from illness. Travelling may not be possible as you may get busy with other things.

Aquarius and Gemini will get along best with Libra as they are both energetic.



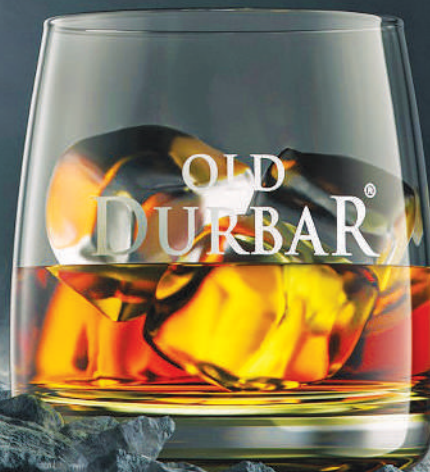
Pisces

You will have harmony in your relationship like never before. Your finances will be good as you don't have to worry. You have to focus on your health as there might be some health issues. As in your career prospect, you may not get support from your co-workers, but you need to keep working hard with full dedication.

Scorpio and Cancer work well with Pisces as they are deeply into emotional connections.

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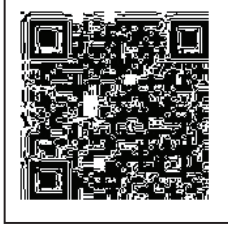
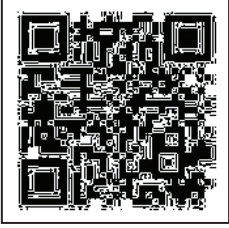


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