



ISSUE 06
JUL-SEP 2019

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HIMALAYA AIRLINES INFLIGHT MAGAZINE

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PRESIDENT'S LETTER



Dear Guest,

Welcome aboard!

We are happy to present you with the monsoon issue of Danfe – our inflight magazine. Through this issue, we bring forward to you the mixture of culture, lifestyle, inspiration, travel gadgets, and holiday destinations. As we prepare to celebrate **‘Visit Nepal Year 2020’** this issue widely talks about Nepal’s tourism and exquisite places to visit here. The issue also touches different aspects of life from health tips to family activities, from festival to movie review, from education to travel facts and from eateries to Buddha’s enlightenment.

Presently H9’s network includes - **Abu Dhabi, Dammam, Doha, Dubai, and Kuala Lumpur with Dhaka joining the list as a new destination.** We are continuously researching and studying the market to increase our route frequencies and destinations based on passenger demand. Dhaka being one of the potential volume market for promoting Nepalese tourism, offers a sizable segment of leisure travelers as well as a growing segment of business travelers. We hope that Dhaka proves to be an aspiring sector for H9, not only promoting tourism and business but also strengthening the relationship between the two countries. We always yearn to offer the best of our services to our passengers and attract the majority of the population from Bangladesh.

Customer Service is one of the guiding principles of H9; our Cabin Crew is well trained to take care of our valued passengers and always try their best to excel in customer service. We are obliged to all our frequent passengers for their trust and loyalty and glad to serve you with earnest hospitality.

Following the genuine Nepalese tradition of **“Atithi Devo Bhava”** – Guest is God, H9 strives to provide true Nepali Hospitality to our esteemed guests. Discover the gorgeous landscape of Nepal where welcoming locals will make you feel at home.

I hope you would enjoy reading this issue.

This issue also marks the celebration of World Tourism Day, on September 27, 2019 and reflects our little initiation to promote Nepalese Tourism and support the national campaign of **Visit Nepal Year 2020!!**

With best wishes,

ZHOU ENYONG
PRESIDENT



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TOURISM-HOSPITALITY A STEP CLOSER TO VISIT NEPAL 2020

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CULTURE & PEOPLE

A GRAND COMMEMORATION

Gai Jatra is celebrated by the Newars of Kathmandu Valley to commemorate the passing of their family members during the past year. A community event, the Jatra is a boon to grieving families providing community camaraderie amidst festivities that celebrate the departed.



THE EYES THAT ALWAYS WATCH OVER

Photographed By : Suraj Patrabansha

Cover Caption: The Stupa of Swayambhu watching over the valley of Kathmandu. The Stupa of Swayambhu stands tall atop the mountain of Padmagiri, and shares its origin to the foundation of the valley of Kathmandu.

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IN HOMAGE OF HIS ENLIGHTENMENT

The auspicious day of Buddha Jayanti is marked by devotees of Lord Buddha all over the world celebrating - his birth, enlightenment, and death. During the day devotees make special pilgrimages to holy Buddhist sites. The Kathmandu Valley, a unique amalgam of both Hinduism and Buddhism, are home to two of the biggest shrines dedicated to Lord Buddha.

30

FOOD INBOUND

LEARNING THE THAKALI MOLD

For a Nepali, a day wouldn't be complete without dal-bhat-tarkari. Ironically, the staple might be losing its appeal pressured by ever-increasing work schedules and the easy availability of faster takeaway food options. Thankfully the traditional meal can still be sampled at the many Thakali restaurants in and around the Valley.

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SOUVENIR

माराको CHINO

When are on the lookout for prominent Nepali souvenirs to gift to friends or family overseas there are a plethora of choices that cater to a variety of budgets.

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REFRESHMENT REGULAR

HOROSCOPE TRAITS

Zodiac gemstones are also known as Astral Stones. Derived from the word Astrology it has played an important part in holistic beliefs for more than a century. Know more about your astral stones, their specialties and benefits.

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FESTIVAL CALENDAR



SEP 2

TEEJ

Occurring around the month of August, Teej is a festival celebrated by women all over Nepal for three days. Decked up in red sarees, red tika, and bangles, women sing and dance to traditional folk songs for days. It is especially significant for married women, when they get a special invitation to visit their maternal home and feast.

Following a long feast also known as Dar, the women, sit for a 24 hour long fast, where most do not eat or even drink water. What is fascinating is to watch women of all age group, young and old, dance for hours in the heat, rain, without a drop of water or food for an entire day.

AUG 16

GAI JATRA

Gai Jatra is a carnival of dancing, singing, mirth and laughter. The festival of the cow is celebrated in the Kathmandu Valley to commemorate the death of beloved family members. As part of the festival family members of the deceased of the past year send people dressed as cows to parade on the streets. The festival usually falls in July or August.

Gai Jatra is a time to remember lost ones and also to ease the pain. The word "Gai" means cow in English. The Cow is regarded as the goddess of wealth in Hindu religion. Sharing of sorrow and taking the comfort in knowing that their lost ones are safe is the true reason of celebrating this festival.



SEP 13

INDRA JATRA

The eight-day long Indra Jatra festival falls in September and is one of the most exciting and revered festivals of the Newari community of the Kathmandu Valley. This also marks the beginning of a month-long festival season of autumn. It begins with the erection of a wooden pole made of pine at Basantapur Square in front of the old Hanuman Dhoka Palace.

For the pole-raising ceremony, hundreds of spectators gather at the Palace Square and at the surrounding temples. The chariot of Kumari, the Living Goddess, is taken out in a procession through the main streets of Kathmandu.

AUG 23

KRISHNA JANAMASTAMI

Krishna Janmashtami is the celebration of the birth of Lord Krishna, the eighth incarnation of Vishnu. The festival is also referred to as only Janmashtami or Gokulastami. It is celebrated on the eighth day of a dark fortnight in Shrawan.

On this day activities like dance-drama enactments of the life of Krishna as per Bhagvat Puran, devotional singing of bhajans and kirtans at midnight when Krishna is believed to be born, keeping fast, night vigil, and a festival on the following day are the more popular ways of celebrating Krishna Janmashtami.



ABOUT DANFE

The national bird, Danfe (Lophophorus) is a sight to the sore eyes. Its exquisiteness is unparalleled. Danfe, found in the high altitudinal regions, represents Nepal and reflects the diversity and splendor, the land is famous for. Inspired from the Himalayan Munal, 'Danfe' is the Inflight magazine of Himalaya Airlines which echoes the commitment, passion and excellence the airlines holds true.

Danfe is a quarterly publication which strives to be a guide for all its readers to and from the Himalayan nation. Through its stories and photographs it emphasizes the people and everything that make the country special. The pages of Danfe take you on a journey into the corners of Nepal and other parts of the world. It connects you to the different colors of lifestyle, covering a broad range of issues from culture & tradition to health, education & entertainment.



PUBLISHER
Himalaya Airlines Pvt. Ltd.
Editor-in-Chief: Mr. Vijay Shrestha
VP-Administration
Managing Editor: Ujjwala Dali
HOD-Brand and Service Improvement

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CONTENT PRODUCER
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ABU DHABI

THE PERFECT FAMILY DESTINATION

TEXT BY AASMA ARYAL



Abu Dhabi is a magical city situated on an island off of the Persian Gulf on the central western coast. Amongst seven emirates, this city is the largest, the most beautiful and a very popular destination. It is a blend of strong Arabic culture harbored into a cosmopolitan city and is full of fancy restaurants, luxury stores, and bars. If you want to explore spectacular architecture, rich culture, great museums, delicious food and religious traditions, Abu Dhabi is the place for you. It's an excellent place for travelers to visit and get a taste of the United Arab Emirates.

SOME OF THE MORE FAMOUS DESTINATIONS IN ABU DHABI ARE

The Sheikh Zayed Grand Mosque: This is the world's largest Mosque and it is known for capturing unique interactions between Islam and world cultures. The vision of Sheikh Zayed for the Grand Mosque was to assimilate architectural styles from various Muslim civilizations to celebrate cultural diversity by creating a haven that is manifold and innovative in its foundation.

Louvre Abu Dhabi: Louvre is the first universal museum in the Arab World. It is one of the prime cultural institutions and it is located in the heart of the Saadiyat Cultural District. This district represents people who are passionate about art and they display works of cultural, historical and sociological significance from

that of ancient times to the contemporary era.

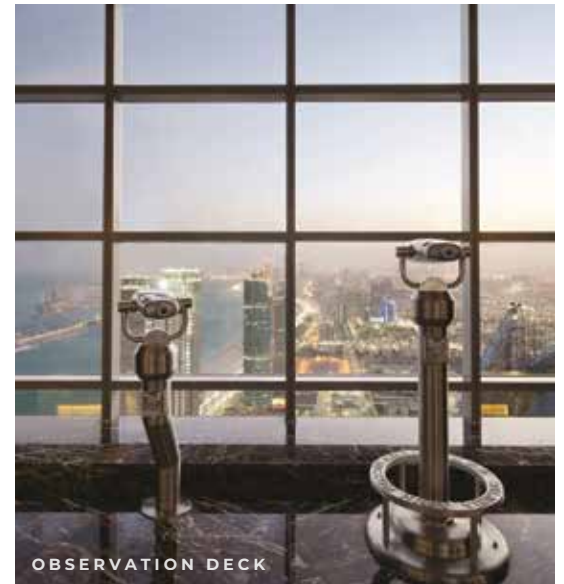
Ferrari World Abu Dhabi: Ferrari World is a temple of torque and it's a celebration of all kind of things of Ferrari in a breathtaking building. You need to experience a ride in the world's fastest roller coaster 'Formula Rossa.'

Saadiyat Island: This island has fantastically transformed into an island of comfort serving the purpose of leisure, business, residential and cultural hub of global proportions. It's the world's largest island with single concentration of premier cultural assets such as Louvre Abu Dhabi, Zayed National Museum and Guggenheim Abu Dhabi. The buildings have



EMBRACING THE PAST

The modern capital of U.A.E. represents a captivating mixture of tradition and progression. Abu Dhabi maintains a distinctly Arabian spirit as compared to the overtly flamboyant Dubai. Abu Dhabi has been actively conducting sporting events such as camel racing and dhow sailing. Along with this, cultural events such as Arabic poetry, music and dances are also popular. As the cultural heart of the UAE, it has enthusiastically marketed cultural heritages and sporting events representing its past.



been designed by the Pritzker prize winners.

Yas Waterworld Abu Dhabi: It is an Emirati-themed waterpark situated in Yas Island and accommodates more than 40 rides and slides. The major attractions include Bandit Bomber, Rush Rider and Bubble's Barrel. The longest suspended roller coaster found in the Middle East, covering a distance of over 550 metres, can be found here.

Warner Bros: This is the world's first ever Warner Bros. branded indoor theme park! The park covers 1.65 million square feet and it is made of five immersive lands - Gotham City, Metropolis, Dynamite Gulch, Bedrock, and Cartoon Junction.

Manarat Al Saadiyat: It is the first art and culture centre of the Saadiyat Cultural District. Manarat Al Saadiyat means "Place of Enlightenment" in Arabic and it

offers a variety of performances, exhibitions, conference, talks, workshops, and productions all year round.

Observation Deck 300: Observation deck stands at a height of 300 metres and it is the highest standpoint in Abu Dhabi. Visitors can immerse in the panoramic view of the city's skyline, Arabian Gulf, and Corniche.

Mangrove National Park: Mangrove national park is one of the emirate's most valuable ecological assets. It is protected by the Environment Agency and it constitutes about 75 percent of the total mangrove forest area. The biodiversity includes salt marshes, mudflats, mangrove forest and algal communities.

Emirates Park Zoo: The Park has over 1700 animals including the Siberian bear, lions, zebras, cheetahs, and a majestic pair of white tigers. Emirates Park Resort

is found in the premise of the park and it features an air-conditioned accommodation along with balconies which has a view of the cave, garden, and zoo.

The Corniche Park: It has been named the best public park in the world which is based on the reviews of the public about its facilities, services, composed environment, as well as safety, security standards and public health in place.

Marina Mall: This mall is located in one of the city's most prominent districts and it spreads over an area of 122,000 sq. m. The mall has high street stores, bank offices, special shops, a hypermarket, and exclusive showrooms.

Saadiyat Public Beach: This beach is considered to be one of the most desirable and its attractions range from eco-friendly water sports, beach yoga classes, windsurfing along with sailing.

IT'S 'RAINING' INDOORS

As Monsoon approaches incessant rains and thundershowers that rejuvenate the natural world put limits to outdoor family activities. That is when the comfort of indoor spaces can turn into an interesting hub of activities.

TEXT BY RASHMITA TULADHAR

The season's first rain is something that's much anticipated by all of us. Its fresh smell gives way to nostalgic memories of childhood days. You don't wish to get out of the house to play anymore and everyone in the family is busy on their phones. It is raining all the time and Monsoon is here to stay! It is okay to feel a bit under the weather because of the chilly monsoon vibes. Then again, don't let it 'rain' on your weekend plans with your loved ones; enjoy an outdoor sport inside! This rainy season, indulge in these exciting, adventure filled activities with your friends and family.

🕒 SYNTHETIC ICE SKATING

Kathmandu now has an indoor skating rink called KPM Skating Rink (on the sixth floor of Civil Mall). The rink is housed in a covered area and it is possible to skate there regardless of the weather outside. The ice-skating surface is not made from actual ice, but a solid polymer material designed for skating. Normal metal-bladed ice skates can be used to glide on it. For beginners, it might take some time to get used to ice-skating. They provide unlimited timing for all patrons and also provide coaches to teach the basics. Furthermore, participants are provided with a safety helmet and skating boots.

Get together with your friends and family, head to the rink to skate your way to fun learning experience and a good time.



FUTSAL

Football is adored by people of all ages. While some are passionate about playing the sport, others simply enjoy the matches by other teams. The five-a-side soccer, with three to four substitutes, has become a trending sport inside the Valley in recent years. With the possibility to be played in all weather conditions and also during night time, Futsal, a fast-paced small sided indoor football game has become a much-loved activity among Nepalis. Gather your friends, your cousins or your neighbors and kick some balls.





LASER TAG

This tag game is on a progressive level than the usual tag games. Laser Max is the first and only place to provide the laser tag experience in Nepal. Located at Civil Mall, Kathmandu, they provide you with guns that fire infrared beams. It is completely safe and exciting. It is more thrilling when played with a big group of people. You can enjoy laser tag with your friends or family. Also, this can motor some team building exercises in your relationship with your family alongside all the fun and thrill.

WALL CLIMBING

Indoor wall climbing has been present in Kathmandu for years. There are many places where you can get the wall climbing experience. It's an adventure filled activity and a great way to spend your weekend. Astrek Wall Climbing is Nepal's tallest at 50 feet high providing twenty different routes for all experience levels. This place is beginner-friendly, with experienced and helpful staff.



ARCHERY

The Best Archery located at Jhamsikhel, Lalitpur is an indoor archery arena. It is a perfect way to get your children and yourself away from the living room couches, away from smartphones to something fun and productive. It is a much better way to target a bull's-eye than in the virtual world. This can help develop focus and physical strength.



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A STEP CLOSER TO VISIT NEPAL 2020

TEXT BY SIRIS MAHARJAN



Tourism has been the mainstream source of revenue for Nepal for decades and it is obvious why the country has been able to capitalize on the tourism industry so wholesomely. Contrastingly wealthy in natural riches, the country has enjoyed increasing popularity in terms of being the ideal choice for recent travels. Despite the lack of substantial growth in most other sectors of overall development, Nepal has been able to make proper and extended use of its own scenic locations to further itself in terms of annual income.

Having said that, the tourism industry comes in itself as a large package that includes many other factors that make it whole. Individual efforts by tourism experts along with the aid of the government as well as the convincingly welcoming diversity of culture in the country, the tourism industry in Nepal is highly unlikely to fade off any time soon. Breaking it down into branches, we can highlight major factors that go hand in hand for and with the smooth administration of tourism worldwide.

Among the many important branches that fuel tourism, few would be as important as the hospitality industry. To put it simply, one would not function without the other. The hospitality industry brings its own share of income and can run on its own in terms of a broader perspective but it is also pivotal to the tourism sector. When you think about it the primary reason for anyone to indulge in travel is leisure, rest and recreation. Given that reason, there need to be proper establishments that



Photo By Suraj Patrabansha

The Golden Temple one of the most important shrines of Buddhism. Monuments such as the Golden Temple help attract various pilgrims which helps boost religious tourism in Nepal.



Photo Courtesy KGH

The Kathmandu Guest House, a popular accomodation for travellers visitng Nepal.



TALKING TOURISM WITH KARNA SHAKYA

To know the history, possibility, and necessity of hospitality in the Nepali tourism industry we talked to 'the father' of Nepalese tourism.

KARNA SHAKYA

KGH Group of Hotels & Resorts

In your opinion, how important is the hospitality industry to the tourism industry of a country?

Tourism is the chemistry of Guest-Host relationship where both have to recognize and respect their mutual existence, significance, and importance. Hospitality is a generous and friendly service to visitors and guests. In the tourism business, the hosts receive guests with goodwill. Therefore tourism is incomplete without hospitality.

The KGH Group and you yourself have given so much to the hospitality sector in Nepal. How does the sector fare compared to when the Kathmandu Guest House was first opened in 1969?

KGH Group of Hotels & Resorts is one of the most trusted and reputed quintessential homegrown chain of hotels in Nepal. With 50 years of commitment and dedication in the field of the hospitality industry, the KGH Group knows its niche tourism business very well. KGH Group of Hotels caters all discerning and diversified tourist groups from all over the world.

Kathmandu Guest House was opened in 1969 in Thamel with only 13 rooms and soon it became an iconic hotel. Now KGH Group runs 7 hotels in major tourist

destinations. Spread in 5 acres of woodland on the foothills of Shivapuri National Park at Budanilkhanta, the Park Village Resort Hotel specializes in MICE Tourism, the Buddha Maya Garden Hotel in Lumbini serves Buddhist pilgrims, the Waterfront Hotel on the bank of Phewa Lake in Pokhara, the Himalayan Front Hotel on the Sarankot Hills offers a panoramic view of the Himalayas, and the Maruni Sanctuary Lodge in Chitwan National Park caters to wildlife lovers. Recently we have opened a property that we are very proud of - the historic Maya Manor Boutique Hotel adjacent to Narayanhiti Royal Palace in Kathmandu.

Visit Nepal 1998 was your brainchild. You were very successful in carrying out the VNY 98; what is your suggestion for the upcoming Visit Nepal 2020?

Visit Nepal is a national campaign. To succeed in it, we need hunger, passion, dream, dedication, and commitment to translate ideas into action. Nine to five job work schedules cannot succeed VNY 2020. Because the world is changing fast, we have to adapt to the mood of the world. Tourism is ever-changing, never-ending entrepreneurship. Technology, education, mindset, lifestyle, eating habits, there is hardly anything in life that is not

changing. During Visit Nepal Year 1998, we concentrated mostly on catering to conventional tourists who spend their time in nice hotels, sleeping, eating, drinking, shopping and sightseeing in temples and monuments.

Now the Visit Nepal Year 2020 should emphasize on enterprising adventure tourism because the taste of modern tourists has dramatically changed. They, now love to jump from cliffs, fly in the air, jump out of planes, push ahead of a rushing torrential river current in deep gorges and canyons. As travellers seek new destinations and experiences, the adventure tourism industry is fast growing and continues to grow in popularity. It is imperative to understand that adventure tourism doesn't mean only risky sports, challenges or pushing physical limits, but also includes cultural exchange and various natural recreational activities in exotic locales.

How do we maintain the essence of Nepalese tourism?

In 1922, George Mallory put Nepal into the world map of mountaineering tourism. In the early '50s, Hillary, Tenzing, and Herzog reestablished Nepal as the Uncrowned Kingdom of the Himalayas. David Snellgrove

and Toni Hagan enshrined Nepal as a Shangri-La. So to keep Nepal as one of the world's most acclaimed tourism destinations we have to treasure and cherish the unique exoticism of our nature, culture, landscape and heritage.

What is the advantage of the tourism industry in Nepal?

Tourism is our comparative advantage because the peerless nature and culture diversity is always a fuel for the tourism industry. Tourism is a multi-faceted industry; it is smokeless, organic, labour-intensive, and endemic to its character and its mystic value is an attribute that other countries don't have. Tourism is also a transfer industry; it distributes resources from the place of origin to place of destination. Most importantly, tourism is a conservancy oriented industry that helps to preserve, restore and conserve nature and culture heritage of the country.

What are your upcoming plan?

In the coming year, we are extending, expanding and upgrading the facilities and services at the existing KGH hotels instead of building new ones. I consider myself retired from my business. I spend most of my time in social work and writing books.



Photo By Suraj Patrabansha

Various monuments which were damaged during the 2015 Gorkha earthquake are in the process of reconstruction and are projected to be complete before 2020

provide travellers with exactly that-R&R! And with that in mind, the hospitality industry is based upon the fact that as a visitor you need a place to sleep.

The hospitality industry encompasses a large number of establishments that we have become used to in our day-to-day commutes. Accommodation establishments (hotels, inns, resorts, etc.), restaurants and bars as well as tourism centred establishments (travel agents, casinos, tour operators, etc.) are all branches of the hospitality industry, so it is certainly understandable why this sector holds the key to the tourism industry. The main objective of having a finely-tuned hospitality industry also brings forth an array of possibilities in terms of employment, training as well as setting laws and standards.

The idea behind travelling is that you are taking yourself to places that are different from your homes. That alone brings forward different rules, and in case of international

travel different cultures, languages, cuisines, practices and etiquettes. The tourism industry cashes in on the possibilities of the difference between the guests and locale. With an increasing number of travellers entering the country, the country, in turn, needs to be well prepared to house them and give them a proper welcome. That alone is why there are so many packages and ranges of activities promoted to guests and travellers depending on the preferred location of travel.

Judging by the status of the hospitality industry and the tourism industry in Nepal, private as well as governmental bodies have stamped their own marks, firmly highlighting the traditional and cultural riches in the country. With the diverse cultures co-existing harmoniously within the 3 regions of the country, among the many unique traits of each culture there is a major similarity between all of them, i.e., their detailed attention and welcome for guests.

Flower garlands, khadas, dhaka topis welcome foreign guests with as much vigour, enthusiasm and warmth as any day before and it hasn't changed to date. The mantra 'Atithi Devo Bhava:' is as true for the people as it ever was and there is no such thing as a fickle welcome. While the welcome may differ depending on the region one is travelling to, the warmth and sincerity are unquestionable no matter where in the country one travels to.

Historically, the Nepalese hospitality and tourism industry took to new heights upon the establishment of the first hotels and rest spots. No one knows this better than Mr. Karna Shakya, founder of KGH Group; who is hailed as the father of tourism in Nepal. Since the establishment of the first Kathmandu Guest House in 1968, the tourism industry in Nepal has only ascended to newer heights, with newer establishments being started paying homage to vintage Nepali culture and new advances.

BANDIPUR

REFLECTING HOW THE VALLEY USED TO BE ONCE

TEXT BY CIRCLE & PHOTOGRAPHED BY LAXMAN KARMACHARYA



Whenever someone speaks of this small yet picturesque town, Bandipur, the first image that comes to my mind is the single vehicle-free street with splendid wood-based Newari architecture lining both sides. Once a place of high importance and power, as it used to be an important stop on the India – Tibet trade route, Bandipur at present, with the preservation of its unique history and culture over time, has risen as a must-visit for its natural beauty and warm hospitality.

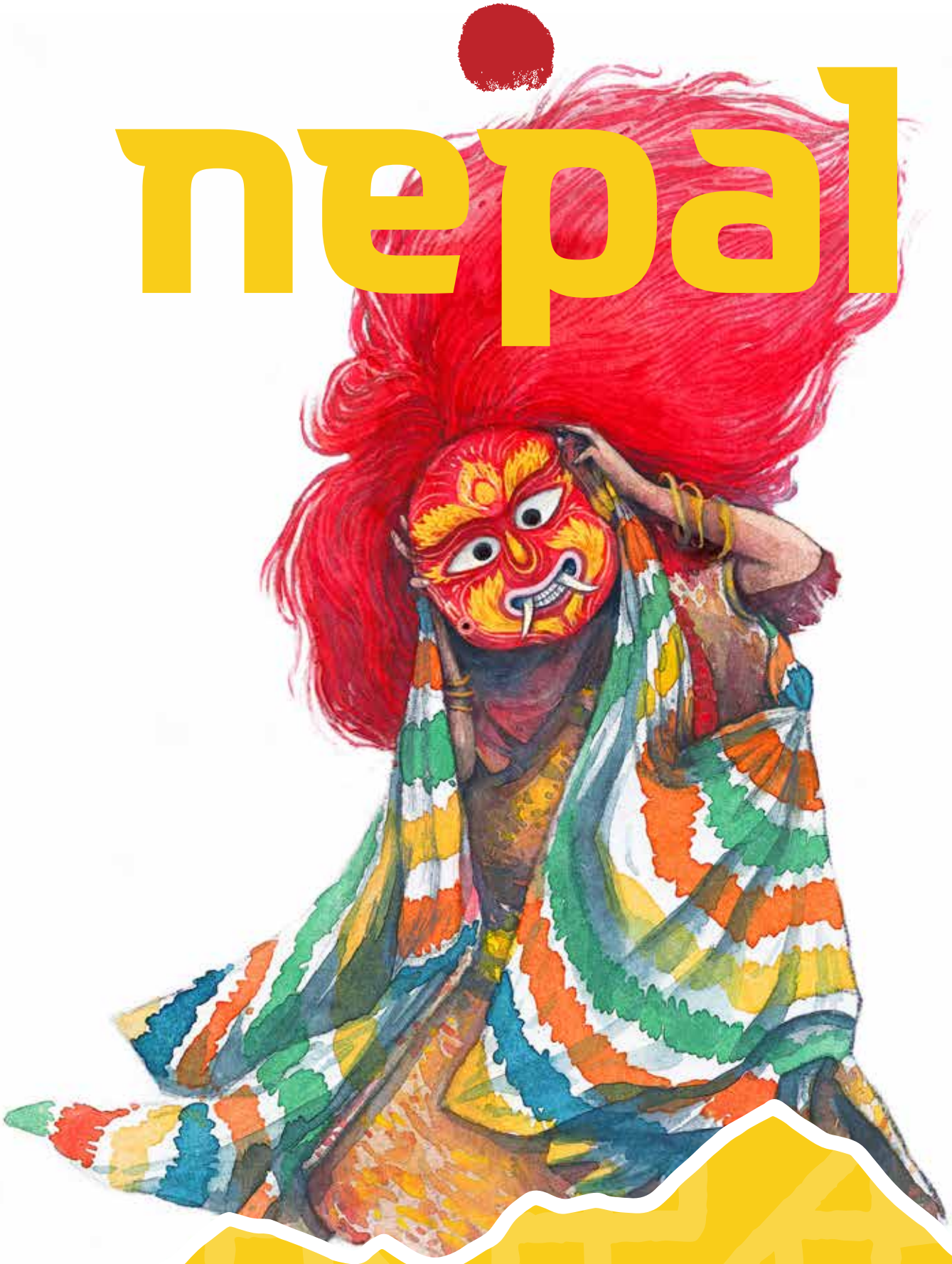
Located at 1030 meters above sea level and about 143 kilometers west of Kathmandu, Bandipur is an excellent place to take a break before departing to other popular destinations like Pokhara and Chitwan or while en-route Kathmandu on the way back. Getting here is fairly easy. Comfortable tourist buses or micro vans heading towards Pokhara every morning should drop you here within four to five hours. For the more adventurous, a



Apart from all the places to see and things to do here, trying out the local Newari food is a must-do. The Newari Khaja Set that is usually taken for lunch offers variety of beans, beaten rice and meat. Samaya Baji, Choila (roasted buff meat), Kachila (raw marinated buff meat) and Thwo (rice bear) is something we never leave behind. Besides, one will find all the modern amenities here from Wi-Fi to freshly-brewed steaming coffee.

motorcycle ride in a group or driving your vehicle are good options as the highway to Bandipur is full of curves, twists and turns, definitely scenic at times. Once you reach, the best advice however is to check in to your stay-in place, relax and loosen the rigid muscles from the ride and leisurely stroll around the core area soaking yourself into the quiet evening ambiance rich of cultural history and Newar architecture, which also is the essence

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“Leisurely stroll around soaking yourself into the quiet evening ambiance rich of cultural history and Newar architecture”

of this town. If the weather is clear there is a high probability that you will get to witness the breathtaking view of Annapurna Range along with Mount Dhaulagiri, Manaslu and Langtang, from the Bandipur hill top. This combination of natural beauty with the almost-unchanged Newari architecture and the warm hospitality from the locals makes for a satisfying overnight stay. This is where you can come the closest to how Kathmandu would have looked and felt in the yesteryears. Prior reservation for accommodation is highly recommended. With architecturally striking boutique hotels to budget-friendly guest houses and lodges, there is homely accommodation for everyone.

Originally inhabited by the Magar community, Newar people from Bhaktapur have been known to settle here during the early nineteenth century. Along with developing trade in Bandipur as an important stop on India-Tibet trade route, the Newars also introduced their culture and unique architecture here that have been carefully preserved. Historically this place has had its influence and power that is reflected in the Padma Library, that was constructed under the special permission from the iron-fisted Ranas, that ruled the kingdom of Nepal once.

For nice early morning views, a thirty-minute walk towards the hilltop viewpoint at the Tani



Mai Temple is a great idea. The panoramic view of the mountains and the Marshyangdi Valley below is a treat. After a delicious Newari meal in the morning, the first stop to explore here should be the library itself that still exists.

A stroll to the Martyrs Memorial Park and to nearby Tundikhel, the spot where trading used to take place in ancient times and a former parade ground for the army that now serves as the town's football field, is a hike that offers breathtaking views. The sunset seen from the far end of Tundikhel ridge is truly overwhelming. Hikers of all ages would love Bandipur. A half-day walk leads downhill to Siddha Gufa, the largest cave of Nepal which is 50 meters high and 437 meters deep. Another half-day hike takes you to Ramkot, a traditional Magar village that

boasts one of the last surviving thatched-roof roundhouses. This route is also popular for cyclists. A visit around the silkworm farm has come forward as a new experience recently. The silk production factory here welcomes guests throughout the year to demonstrate the detailed procedure of manufacturing silk from silkworms.

If you truly want to explore Nepal, a visit to Bandipur can't be missed. Likewise if you're looking to take a break from everything and looking to stay somewhere nice and comfortable but not far from Kathmandu, or your break is no longer than a couple of days, this is a perfect getaway.



In Homage of His Enlightenment

The auspicious day of Buddha Jayanti is marked by devotees of Lord Buddha all over the world celebrating his birth, enlightenment, and death. During the day devotees make special pilgrimages to holy Buddhist sites. The Kathmandu Valley, a unique amalgam of both Hinduism and Buddhism, is home to two of the biggest shrines dedicated to Lord Buddha. The shrine of Swayambunath and Boudhnath come to life on this special day, with devotees thronging the chaityas from all parts of Nepal and the world. The sweet smell of incense, and the chants and prayers create an ambience of spiritual uplift and tranquility.

TEXT BY SHREYASHKA VIKRAM RAJ MAHARJAN





Photo By Shreyashka Vikram Raj Maharjan

A devotee offers her prayers at the chaitya of Swayambhunath.

"Three things cannot be long hidden: the sun, the moon, and the truth." - Gautam Buddha



Photo By Shreyashka Vikram Raj Maharjan

A devotee offers his prayers at the chaitya of Boudhanath.

"You, yourself, as much as anybody in the entire universe, deserve your love and affection." - Gautam Buddha



Photo By Suraj Patrabansha

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." - Gautam Buddha



Photo By Suraj Patrabansha

Butter lamps placed by worshippers atop a pedestal at Boudhanath.
"The mind is everything. What you think you become." - Gautam Buddha

Vairochana Buddha, one of the Pancha Buddha's offers a special prayer to the chaitya of Swayambhunath.

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves." - Gautam Buddha



Learning the **THAKALI MOLD**

TEXT BY SIRIS MAHARJAN



Photo By Amar Rai

For a Nepali, a day wouldn't be complete without dal-bhat-tarkari. Ironically, the staple might be losing its appeal pressured by ever-increasing work schedules and the easy availability of faster takeaway food options. Thankfully the traditional meal can still be sampled at the many Thakali restaurants in and around the Valley.

Personally, I've never been around the Thak Khola region but I sure am glad that their practices have found their way into life in Kathmandu. I'm sure you already know the basics to a Thakali meal but you'd be mistaken if you think that dal-bhat is all there is to it. A Thakali meal incorporates dal-bhat with buckwheat, barley, millet and maize. A kind of dal is also made from dried, ground buckwheat leaves.

That doesn't sound too out of the ordinary, does it? Some Thakali restaurants serve mo:mos, thukpas, and often serve buckwheat pancakes with basic curry and kachhyamba. While sweet curd or phopké (fermented rice) is served as dessert. Now let's break the menu down

APPETIZER KACHHYAMBA

Kachhyamba is a popular snack, which basically is buckwheat finger chips, cooked in hot water mixed with a little ghee. Sounds lovely, doesn't it? Buckwheat flour is added to boiled water and stirred until it cooks into dhedo. Once cooled, the stiff dough is rolled by hand into finger size pieces. After letting it rest for a bit longer they are fried in hot oil and served with a hot tomato-timur relish.

MAIN COURSE BHAT

We all know rice! But for this meal, long grain white basmati is boiled and served a tad fluffy. The rice is washed at least twice in cold water before cooking. However, the second rinse water has enough starch to thicken the lentil soup (dal). Do make sure to use the appropriate amount of water to cook.

KALO MAAS DAL (SPLIT URAD LENTIL SOUP)

We are all familiar with dals, and the right way to cook it. Wash the lentils properly before you start cooking. Boil them with a little ghee and turmeric. Use the starchy rinse water you saved while washing the rice to thicken the soup. If you are cooking in a pressure cooker, transfer the lentils to an iron cooking pot and mash into a watery paste—it brings out the dals slightly green colour. Don't forget to add salt to taste and a hint of shredded fresh ginger.

To make it a more Thakali experience, aromatic jimbu (a sprinkling fried in ghee) is added just before serving. Leave the dal to simmer for a few minutes and add in the jimbu to give it an aromatic elevation.

TIMUR

For a spice that doesn't grow in Thak Khola, Timur is the signature spice in Thakali cuisine. It is used to flavour vegetables, soups and gravies for its flavour profile. It gives a pungent odour and tangy flavour when crushed, which makes it ideal for relishes as well.

TAAREKO AALU (SPICY FRIED POTATOES)

Potatoes are washed, peeled and cooked until they are firm on the outside and soft at the centre. We can't have it falling apart before we even prepare it! Once cooled, slice into finger sizes and fry in hot vegetable oil with a sprinkling of methi and turmeric until lightly browned. Season the potatoes with salt and mix them well with a little chap (chilli and timur mix) and serve hot!

SPINACH (SAAG)

Wash and drain the spinach (rayo or tori as preferred) and cook it in spiced hot oil over medium heat. Add salt to taste, and stir occasionally to ensure that it cooks evenly and doesn't overcook.

MEAT

Obviously, for all the meat lovers, this is the best part of the meal. However,

preparing it can be just as fun as devouring it! The choice of the protein can be either chicken or mutton, based on one's preference.

Wash and chop the meat into bite-size chunks and proceed to chop some onions. Onions are optional but it does enrichen the taste. Fry the chopped onions until browned before cooking the meat. Add the meat into the dish and fry lightly into the onions with a blend of spices including salt, chilli powder, turmeric, ginger and cumin powder to taste (garlic too if you prefer them). Add some water after cooking the meat for some time if you prefer a nice helping of gravy as well.

For a vegetarian indulgence, cook carrots, cauliflower, peas and green beans using the same spices as used for the meat or as per taste.

DESSERT: PHOPKÉ (FERMENTED RICE)

For this delicious dish, you will need some marcha or ferment starters. Thakalis usually prefer a slightly sticky white rice, which can be cooked after washing the rice until the starch content is thoroughly washed off. Make sure that you don't use any salt or overcook it.

After it's been cooked, pour it into a glass or a bowl and stir in the marcha. Cover and leave in a warm place for 2 to 3 days to ferment. Further, warm and add in a little ghee and fry the fermented rice adding sugar to taste. Once done, serve in small cups with dessert spoons.

The meal is completed with a serving of tomato chutney with chap (red chilli powder, timur and salt mix) and mula ko achar (pickled white radish). The complete meal, once put together will bring forth the famous Thakali experience. You might believe that you know all there is to know about a dal-bhat-tarkari meal but learning about Thakali cuisine and how it is prepared might just help you appreciate good food and recognize an authentic Thakali restaurant.

A Grand Commemoration

Gai Jatra is celebrated by the Newars of Kathmandu Valley to commemorate the passing of their family members during the past year. A community event, the Jatra is a boon to grieving families providing community camaraderie amidst festivities that celebrate the departed.

TEXT BY SAMPANNA SHRESTHA





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Photo by Manish Prajapati

One of the major attractions of Nepal is its year-round festivals. As a predominantly Hindu and Buddhist country, the festivals celebrated in Nepal are deeply rooted to its religious past. Among those festivals Gai Jatra celebrated in Kathmandu Valley by the indigenous Newar people.

Gai Jatra, where 'gāi' means 'Cow' and 'jātrā' means 'Festival' in Nepali, is also known as Sā Pāru in Nepal Bhasa (the ethnic language of the Newars) and it translates as 'The Festival of Cows'. The festival is celebrated among the Newars to commemorate the death of their family members during the year and usually falls in the Nepali month of Bhadra (August-September). People that have lost a family member march the streets of their locality led by a cow, or a young boy in the disguise of a cow, to present their devotion to the deceased and pray for their departed soul. The bereaved families offer fruits, bread, beaten rice, curd and money to the people participating in the procession. Hindus believe that the deceased have to cross a mythical river in their journey to heaven by holding onto the tail of a cow.

The origin of the Gai Jatra tradition has its roots in ancient Lichchhavi period when the people used to worship Lord Yamaraj, the

Hindu God of Death. As per historical evidence the festival also has origins in the city of Kathmandu. When King Pratap Malla lost his son, his wife was in a constant state of grief. Despite trying several methods to console her, the King wasn't very successful. He then ordered all the city dwellers, who had lost their family members to attend a carnival. Participation in the carnival of a good many people having lost their dear ones over the past year helped the King to console his queen. From then onwards, this became a tradition to be followed every year. Therefore, the current custom of Gai Jatra is believed to be a blending of the early medieval practices and processions from the time of the Malla Kings.

Despite the festival having its origins in the city of Kathmandu, Newar settlements and cities such as Lalitpur, Bhaktapur, Kirtipur have all adopted this festival with their own local touch, thus creating their own versions of 'Gai Jatra'. One such version of this festival is of the city of Bhaktapur. Also, known as Khwopa, by the Newars, the Gai Jatra of Bhaktapur is said to be one the most enjoyable and exciting.

Unlike the other cities where celebrations only last a day, the Gai Jatra festival in Bhaktapur is celebrated for a whole week. The festival

Even though the origin of the Gai Jatra festival stems from Kathmandu, Bhaktapur has adopted its own version which is more entertaining, vibrant and special in comparison to its sister cities.

starts with the preparation of a chariot called the 'Taha-Macha' by individual families that have lost a member. The Taha-Macha symbolizes the deceased family member and is decorated with their possessions along with their photograph and is made from bamboo wrapped in cloths. The chariots are navigated around their localities along with other families which results in a long parade. The parade of chariots from each locality is led by specific Taha Machas that are dedicated to Bhailya Dya: (Bhairab) and Ajima (Bhadrakali, Grandmother Goddess).

The local people contribute in various ways - perform dances, play traditional musical instruments, dress up as Gods and Goddesses and even wear odd, funny costumes as they follow the chariots. Children also participate by wearing masks, painting their faces,

and dressing up oddly as the adults. Many men are also seen wearing women's dress, the Hakupatasi (traditional attire of the Newar women).

One of the highlights of the festival is the cultural dance called the 'Ghanta Chisi', performed from the starting days of Gai Jatra until the day of Krishna Janmashthami. The dance involves a long queue of people where they hold truncheons and strike them in succession with each other producing a rhythmic melody. Additionally, many other traditional dances, songs and cultural shows are also performed during the week of the festival. Gai Jatra holds tremendous value in the Nepali society offering grieving families an outlet for loss and a sense of community.



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मायाको CHINO

When one is on the lookout for prominent Nepali souvenirs to gift to friends or family overseas there are a plethora of choices that cater to a variety of budgets. One cannot go wrong with these.

TEXT BY SIRIS MAHARJAN

⌚ KHUKURI

Khukuris are national weapons, famously carried by the Gurkhas. If you want something that has a great deal of history with Nepali roots, few items would come close to the khukuri. With deep history linked to the unification of the country and the bravery of the Gorkhalis (continued on by the Gurkhas), looking at a khukuri instantly reminds people of Nepal, and there could be no greater symbolic representation of the country



⌚ FRIDGE MAGNETS

Fridge magnets are popular items that can be found in the Durbar Square area souvenir shops. Printed in different designs from mountains to the flag of Nepal and even the outline of the country, many have found these items to represent a part of Nepal that they believe people are most likely to remember.

⌚ ASSORTED GIFTS

If you're looking for a one stop shop for handcrafted gifts made in Nepal, then Manushi is the place to go. Specializing in hand made goods crafted with locally sourced products, made with love and dedication. Products range from assorted goods such as lokta paper, paper goods, bronze crafts and crochets available at Manushi.





⌚ TRADITIONAL PUPPETS

These puppets are a representation of our culture and can be found in almost all souvenir shops around town. Along with masks, woodcraft and even miniatures of ancient tools, they form a fanasic bargain for souvenir- hunters.

Brining divinity, tradition and art into one mould, the puppets are usually adorned in red cloth with multiple hands and faces representating different mythical characters. The marionettes can be found in Patan, Bhaktapur, as well as Kathmandu Durbar Square and surrounding areas.



⌚ BHADGAOLE TOPI

Bhadgaole topis are a part of the national dress for men. Most prominent within the Newar community, the Bhadgaole or Kaalo Topi is donned for festivals or events with the traditional national dress. A Bhadgaole topi would be a major token from the land of the Himalayas, one that signifies nationalistic pride and respect for tradition.



⌚ INCENSES

Handmade local Nepali incenses are often made with locally- sources resources with a wide range of attractive smells that may claim to have therapeutic effects. Among the most popular are those of Tibetan roots– those made near the Himalayas by the local people incorporating ingredients that have historic roots and which are found in their native environment. These incenses are said to be very effective during yoga, meditation, healing and also in daily use.

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HOROSCOPE & BIRTHSTONES

TEXT BY ZENANA OJHA



ARIES
March 21st- April 19th
BIRTHSTONE: DIAMOND

Aries, a sign known for its strength and survival skills, depicts the qualities of a diamond as it is also the hardest of the gems. The diamond carries such an energy which allows an Aries to evoke their inner warrior ultimately helping you to pursue your goals and help you get through numerous challenges.

When diamond is allocated to an Aries as a birthstone, it is considered to show a significant influence on both the positive and negative personality traits of the individual. It helps enhance relationships and increase the inner strength and confidence of the person wearing it.

Likewise it also helps in opening new doors and bringing new opportunities for an Aries. This results in a proper balanced life and encourages the ability to take appropriate decisions at the right time.



TAURUS
April 20th- May 20th
BIRTHSTONE: EMERALD

Taurus, also known as "The Bull" is a zodiac sign which symbolises love and wisdom and hence emerald happens to be the favoured birthstone. Emerald is believed to conduct the energies of Venus, the planet of love, allowing a Taurus to enhance their faithful nature and helping them to make friends easily too. An emerald acts as a charm or a lucky stone for a Taurus, and helps to strengthen them physically, as well as infuse emotional wellness into their earthy nature. Taurans value relationships and are always loyal to the people that they consider to be a part of their life. Their gemstone is said to bring emotional well-being, bestowing emotional strength to their stubbornly earthy nature. All these help to positively impact their ability to relate and connect with people. However, like every other gemstone, emerald can influence both positive and negative attributes of those who are born under the Taurus sign.



GEMINI
May 21st- June 20th
BIRTHSTONE: PEARL

Luminous, iridescent and reminiscent of the moon, the pearl is one of the most ancient and beloved of all gems. For centuries the pearl was considered to be of divine origin, representing serenity, virtuous purity and the hidden nature of the human soul. Pearl is considered to be the most appropriate gemstone for a Gemini as it symbolises the duality in the zodiac sign. It symbolises joy and sorrow, life and death, health and sickness. Pearl can be compared to the development of body and soul, where the wearer along with the aid of their birthstone strives to succeed for the growth of their inner soul. As Geminis give a lot of importance to the relationships in their life, their birthstone enhances this attribute by boosting their faithfulness and friendship even more.

Likewise it brings out the attribute of purity and chastity too. Pearls also add to the modesty of a Gemini, ultimately helping them to lead a more balanced life.



CANCER
June 21st- July 22nd
BIRTHSTONE: RUBY

In spiritual terms love and life are known to be the synonyms of Cancer, thus the colour of passion, red. It is effectively signified by its vibrant coloured birthstone Ruby, which radiates intense energy stimulating passion for life. The energy of this crystal helps to support a Cancer retain their wealth and also has a powerful energy for psychic protection. On a spiritual level Ruby helps the Cancer to induce vitality and strength of character in the wearer. Similarly a ruby helps the wearers to become successful in their endeavors and fills them with generosity. This gemstone also helps to build integrity and devotion thereby enhancing their spiritual and mental satisfaction. This naturally leads a Cancer to a happier state as well.

Ruby, which radiates intense energy stimulating passion for life. The energy of this crystal helps to support a Cancer retain their wealth and also has a powerful energy for psychic protection. On a spiritual level Ruby helps the Cancer to induce vitality and strength of character in the wearer. Similarly a ruby helps the wearers to become successful in their endeavors and fills them with generosity. This gemstone also helps to build integrity and devotion thereby enhancing their spiritual and mental satisfaction. This naturally leads a Cancer to a happier state as well.



LEO
July 23rd- August 22nd
BIRTHSTONE: PERIDOT

Leo always symbolizes the activity inspired by wisdom, thus the golden green soft glow of Peridot acts as a wisdom light for the Leo individual. The peridot gemstone has certain properties that enhances the positives and helps to curb the negative attributes that are a part of a Leo's character. Peridot can potentially have a huge impact on the wearers character, whilst helping them play a vital role in shaping up the society and bringing a change. As Leos tend to be protective, their birthstone also enhances the protective and nurturing instinct of theirs.

Likewise along with helping a Leo to prosper in career, work and relationships, a peridot also helps them to grow and simultaneously help them come out of their regal self, and become more open.



VIRGO
August 23rd - September 22nd
BIRTHSTONE: SAPPHIRE

Ruled by the planet Mercury, Virgo people tend to be analytical and organized. Their birthstone specifically identified as the blue sapphire is believed to fight depression, and bring inner peace and spiritual enlightenment. This Virgo birthstone acts as a charm or a lucky stone for them, mostly to complement the earthy Virgo nature with emotional and spiritual strength. It is believed that the gemstone has the power to transform and to lift the soul of the wearer into the higher realms. Blue sapphire also increases mental flexibility, helping Virgos release hardened attitudes and open themselves to new possibilities. Likewise it can effectively enhance the sincerity aspect of the Virgos which may later help them to improve in their career as well as personal and professional relationships.

Likewise it brings out the attribute of purity and chastity too. Pearls also add to the modesty of a Gemini, ultimately helping them to lead a more balanced life.

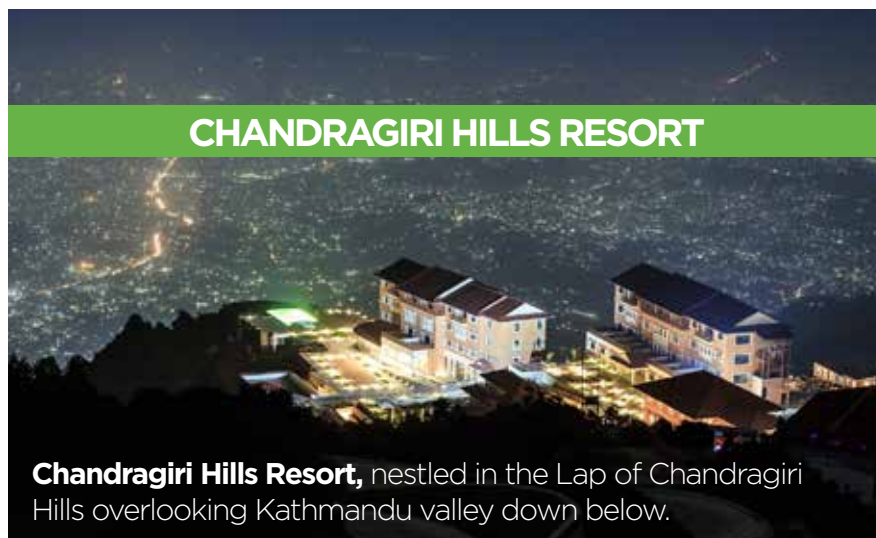


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Zodiac gemstones are also known as Astral Stones. Derived from the word Astrology it has played an important part in holistic beliefs for more than a century. Know more about your astral stones, their specialties and benefits.



LIBRA

September 23rd- October 22nd
BIRTHSTONE: OPAL

The kind and gentle people are those who are born under the sign of Libra. Ruled by the planet Venus, Libra is a sign that is related to the mind. The Libra birthstone, Opal was held to be a symbol of hope and purity by the Romans, and was thought to keep the wearer safe from illness. The gemstone will help to balance the wearer's emotions and is said to protect them from negativity. The luminous translucence of the Opal symbolises the fire of sacrifice. It helps the wearer connect to his or her higher self in order to reduce and eliminate the separation that exists between the physical self and the soul self. Opal is said to enhance the innocence that is already there in Libra. Likewise it also helps to deal with persistent indecisiveness and helps to instill confidence, ultimately bringing happiness, faithfulness, and loyalty in the Libra.



SCORPIO

October 23rd- November 21st
BIRTHSTONE: TOPAZ

Known to be calm and mentally strong, Scorpios never fail to put efforts on something they are aiming for. They are determined, loving, caring, and an honest partner to have. The gemstone topaz would likely keep the wearer more passionate and determinant towards their life approach and aim. As Scorpios are extremely emotional, this gemstone will keep their emotions balanced and calm. As a birthstone, a Scorpion also requires Topaz for its inspiring and stimulating influence on the higher mind and the soul. The significance of its golden light is its similarity to the halo that surrounds a saint's head. It helps the individual to effectively deal with the problem areas in relationships through the improvement of the consistency, loyalty and the faithfulness factor. Therefore Topaz is a perfect stone for Scorpios.



SAGITTARIUS

November 22nd- December 21st
BIRTHSTONE: TURQUOISE

Out of the twelve, Sagittarius with their artistic and wanderlust-loving qualities is placed in the ninth position. They are open hearted, generous, and trustworthy. Their gemstone turquoise will help in enhancing the level of creativity and synchronicity as well as detoxify all the negativity a Sagittarius could possibly hold. Valued as a sacred stone in many spiritual traditions, turquoise helps truth-seeking Sagittarius attune to higher consciousness. Turquoise improves the mind of the wearer by increasing intuition, sensitivity and positive thinking, resulting in a calmer mental state that leads to greater wisdom. The Sagittarius stone is also said to bring clarity of mind and spiritual enlightenment which are qualities that would not go to waste with the Sagittarius people.



CAPRICORN

December 21st- January 20th
BIRTHSTONE: GARNET

Capricorn is a zodiac sign where the mystery of the darkest night and the glory of the light merge. The crossing of the bridge of darkness before one can reach the radiation of the great white light is what the gemstone symbolizes. Smart, hardworking, and fully in control of their destiny are the positive traits of a Capricorn. They are also equally dedicated towards their personal and professional life. Garnet enhances their positive qualities that are already present in them and primarily helps them by taking care of the relationship area. People are also fond of taking advice from a Capricorn due to their radical nature which is enhanced even more by their birthstone. Garnet also safeguards the wearer and protects them from all negative energies making it the idea stone for Capricorn.



AQUARIUS

January 21st- February 20th
BIRTHSTONE: AMETHYST

Aquarius is known to be the friendliest and the most sociable sign of the zodiac. They have traits like progressiveness, originality, intellectuality, being a good listener, and they tend to fight for a cause. They are very much a communicative and social person, and thereby their gemstone will help in promoting these aspects of theirs. The Amethyst adds to the stability of an Aquarian and helps them to envision situations in a more proficient manner. It makes the wearers more responsible, accountable, and sincere in everything that they are involved in. It encourages the wearers to work on their inner strength and makes them open to new approaches. Hence as it aims to enhance the clarity of vision and ensure mental peace, Amethyst is the most reliable gemstone for Aquarians.



PISCES

February 19th- March 20th
BIRTHSTONE: AQUAMARINE

Pisces are spiritual and compassionate people who are recognized to be warm and hospitable. Being the last on the position, Pisces is symbolized by the sign of fishes and is ruled by the element of water. Pisceans are compassion, artistic, gentle, wise and musical. Their gemstone Aquamarine is an excellent purifier that helps in calming, soothing, and cleansing of soul and inspires truth, trust and self acceptance. Aquamarine is considered to have a tremendous balancing effect on all possible levels and individuals born under the zodiac sign of Pisces are found to hugely benefit from the wonderful properties. Although the effect of this birthstone on the wearer is subtle and soft, it very long lasting, and has the potential to touch the spirit of the individual in a very deep manner. Hence it is the most fitting gemstone for the zodiac sign Pisces.



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कवि भूपि शेरचन (सन् १९३७-१९९०) को यो कविता 'घुम्ने मेचमाथि अन्धो मान्छे' (साभा प्रकाशन)
नामक कविता संग्रहबाट साभार उतारिएको हो।

मेरो देश

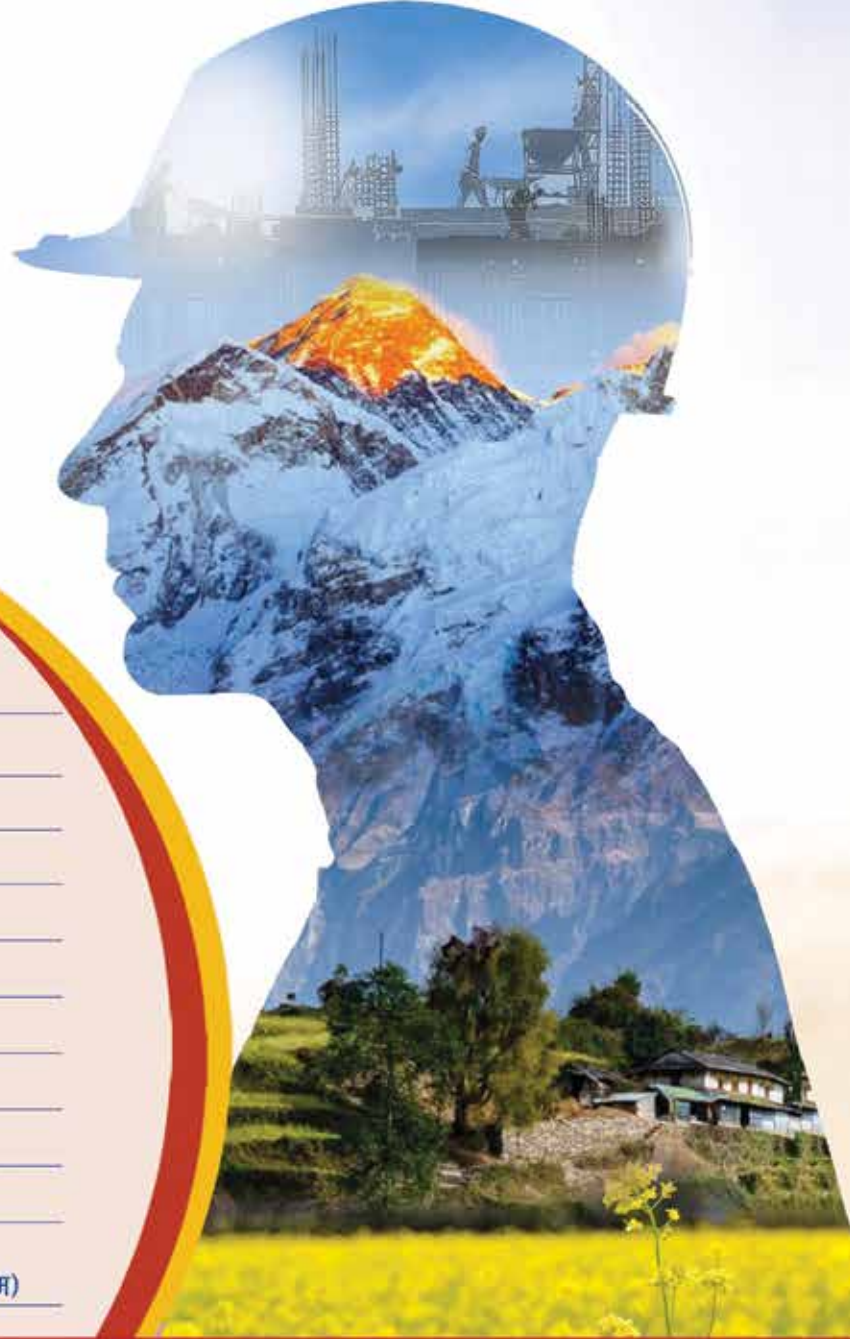
कवि : भूपि शेरचन, (स्रोत : बसन्त थापा)

जहाँ
हिउँ परेको रातमा जून, धरतीमा भेट्न
हिमकणहरूको साथमा मुस्कुराउँदै ओहालो भर्छ,
र धरतीको सर्वाङ्ग हाँसेको पाएर भन् बढी मुस्कुराएर
आकाशमा फर्कने गर्छ,
जहाँ
आलुबखडाका हाँगा-हाँगामा फुल्दछन् कुबुराका चल्लाहरू;
जहाँ
मृग मरीचिका पछि लाग्नेहरूको यादमा रुन्छन् धूपी र सल्लाहरू;
जहाँ
बाच्चै महिना मानिसका गालामा फुल्दछन् आरुका फूलहरू
जहाँ
मुटुको स्पन्दनभै उफ्री-उफ्री खेल्छन् मृगशावकका हूल;
जहाँ
पहराबाट छहराले खोलामा हामफाल्दछ,
जहाँ
रातमा पनि हिमचुलीले आँगनमा घाम पाल्दछ,
जहाँ
प्रत्येक पहाडको काखमा नदी छातीमा छहरा
र निधारमा लेक हुन्छ,
जहाँ

ससाना नदीहरूमा पनि तुफानी समुद्रको वेग हुन्छ
जहाँ
बटुवालाई प्रत्येक भ्याङ्गबाट भ्याउँकीरीले गिज्याउने गर्छ,
प्रत्येक अँधेरी पँधेरोमा जूनकीरीले ज्योति फिजाउने गर्छ,
जहाँ
शीतल हावामा बुई चढेर कस्तूरीको सुगन्ध डुल्दछ,
जहाँ
एक बाजी आएर घर फर्कन वसन्त भुल्दछ,
जहाँ
बटुवालाई भञ्ज्याडमा रोकेर हिमाल पंखा हम्कन्छ,
जहाँ
एक अर्काको मुख हेरेर नीलगिरी र धवलागिरी चम्कन्छ,
जहाँ
प्रत्येक रातमा आकाशले मंगल-दीप सजाउँछ,
जहाँ
प्रत्येक भोरमा धरतीले एक गोरो छोरो जन्माउँछ,
जहाँ
हरिया-हरिया पहाडका फरिया
जहाँ
अलिक तल सरेर निर्मल, स्वच्छ, र न्यानो घाममा
हिमालले सधैँ ढाड सेकेको हुन्छ, म जति टाढा भए पनि त्यो मेरो देश
सधैँ मेरो मनले सपनामा पाइला टेकेको हुन्छ।

मातृभूमि बचत खाता

विदेशको मिहिनेतको कमाइको स्वदेश मै गरौं सुरक्षित बचत



विशेषताहरू:

दुर्घटना बीमा	५ लाखसम्म
न्यूनतम मौज्जात	शून्य
ब्याज दर	आकर्षक
मिसा/एस.सी.टी डेबिट कार्ड	निःशुल्क
ईन्टरनेट बैंकिङ्ग	निःशुल्क
मोबाइल बैंकिङ्ग (नेपालको नठबरमा मात्र)	निःशुल्क
सी आरबा सुविधा	निःशुल्क
डिजिटल खाता खोलन	निःशुल्क
ए. बि. बि. एस	निःशुल्क
क्रेडिट कार्ड शुल्क (एक पटकका लागि)	५०% छुट
लकर सुविधा वार्षिक शुल्क (सानो लकर)	५०% छुट (उपलब्ध भएसम्म)

 एभरेष्ट बैंक लिमिटेड 
EVEREST BANK LIMITED

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दिगो, दरिलो र विश्वासिलो



सात दशक अधिको नेपाल

लेखक : टोनी हागन, (अनुवादक बसन्त थापा)

२४ अक्टुबर १९५० मावशगत प्रधान मन्त्री श्री ३ महाराजको पाहुना भएर मैले पहिलो चोटि नेपाली माटोमा पाइला टेकेको थिएँ। तिनताक सम्पूर्ण शक्ति श्री ३ महाराजकै हातमा थियो र राजा नाम मात्रका राज्याध्यक्ष थिए। त्य सवेलाको 'निषिद्ध देश' नेपाल भित्र पस्नका लागि श्री ३ को अतिथि हुनु बाहेक अर्को उपाय थिएन। स्वीट्जरल्याण्डले नेपाल सरकारको अनुरोधमा पठाएको चार सदस्यीय अगुवा टोलीको म सदस्य थिएँ। यही टोलीबाट नेपालमा विकासका लागि वैदेशिक सहयोग दिने प्रयासको सुरुआत भएको थियो।

त्यस बखत काठमाडौँलाई बाहिरी विश्व सँग जोड्ने न सडक थियो न त हवाई सेवा। जियोलजिकल सर्भे अफ इन्डियाको अफिसबाट नेपालका बारेमा सामग्रीहरू बटुल्न भनेर म कलकत्ता गएको थिएँ र कलकत्ताबाट मलाई रेलमा यात्रा गर्नु परेको थियो। म एका बिहानै नेपाली सिमाना पारि रक्सौल आइपुग्दा दिल्लीबाट आउनुपर्ने मेरा तीन जना साथीहरू अझै नआइपुगेको थाहा भयो। त्यसैले म एकलै नेपाली सीमा भित्र प्रवेश गरें, तर सिमानामा एउटा सिपाहीले मलाई रोको। ऊ अङ्ग्रेजी बिलकुलै बुझ्दैन थियो। उस सित इसाराबाट केही छिन गलबदी गरे पछि ऊ मलाई सीमा सुरक्षा चौकीमा लैजान राजी भयो। चौकीमा एकजना हवलदार सित मेरो भेट भयो, तर ऊ पनि अङ्ग्रेजी ठ्यामै बुझ्दैन थियो।

त्यस हवलदारलाई मेरो आगमन बारे कुनै जानकारी नभएको प्रस्ट थियो। उसले मलाई के

गर्ने भनी बुझ्न काठमाडौँ टेलिफोन गर्‍यो। संयो गवश फोन पनि तुरुन्तै लागि हाल्यो। फोन गर्न भन्दा पहिले उसको बोली ठाडो र रोबदार थियो। टेलिफोनमा कुरा चल्दै जाँदा उसको हाउभाउ बदलिएर एकदमै नरम हुँदै गयो। उसले एउटा सिपाहीलाई इसारा गरेर मेरा लागि कुर्सी ल्याउन लगायो। काठमाडौँका हाकिम सँग टेलिफोनमा उसको कुराकानी सकिना साथ त्यहाँ सनसनी फैल्यो। त्यस पछि त्यो हवलदार विदेशीलाई मिजासिलो व्यवहार नगरेकोमा र अहिले सम्म पाहुनाका लागि चिया र नास्ताको बन्दोबस्त नगरेकोमा आफ्ना सिपाहीहरूलाई हकान् थाल्यो। यतिन्जेलमा उसले आफू अघिल्लिरको पाहुनाको 'महत्व' राम्ररी बुझ्नेको थियो।

त्यतिकैमा मेरा मित्रहरू वाल्टर कस्टर, इमिल रोच र अल डे स्पिन्डलर पनि म भए ठाउँ आइपुगे। त्यसपछि जिल्लाका बडा हाकिम हामीलाई स्वागतगर्न आए। उनले हामीलाई हाम्रा लागि तयार राखिएको रेलको विशेष डिब्बासम्म पुऱ्याए। रेलको त्यो डिब्बा महोगनी काठले बनेको थियो र त्यसमा गाढा मखमली रातो पर्दा लागेको थियो। हिमालयको फेदीमा बसेको अमले खगन्ज सम्मको ३१ किलो मिटर लामो रेलयात्रामा ती हाकिम पनि हामी सँगै आए। बाटामा तिनले हामीलाई रेललाइन सँगैका टेलिफोन खम्बाहरू ढलाएर बराबर दुख दिने जङ्गली हात्तीहरूका बारेमा रमाइला किस्सा सुनाए।

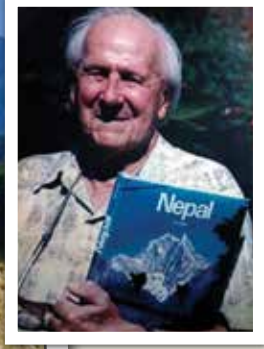
रेलमार्ग तराईलाई छिचोलेर बनेको थियो। तराई भनेको गङ्गा मैदानको नेपाल पट्टिको

भागहो। रक्सौल छोड्ना साथ धेरै पर डाँडाहरू देखिएका थिए। सफरको क्रममा म भयालबाट उत्तर दिशा तर्फ हेर्दथेँ, चुरिया शृङ्खला र त्यस भन्दा पतिर हिमशिखरहरू देखिहालिन्छन् कि भनेर।

हामीलाई रेलको सफर पूरा गर्न दुई घण्टा भन्दा केही बढी समय लाग्यो। तर सफर नरमाइलो थिएन। तराईको मलिलो भूमिमा काट्न ठिक्क भएका लहलहाउँदा हरिया-पहेँला धान निकै आकर्षक देखिन्थे। धानका खेतभएर १५ किलो मिटर जति उत्तर तर्फ लागे पछि सालको घना र अक्षत जङ्गल सुरु हुन्थ्यो।

अमलेखगन्जमा महाराजले पठाएको एउटा मोटर गाडी हामीलाई पखिरेको थियो। त्यसले हामीलाई चुरिया पहाड मुन्तिर बनेको सय मिटर लामो सुरुड हुँदै जाने कच्ची सडकबाट फराकिलो दून उपत्यकामा पुऱ्यायो। त्यस उपत्यकामा खासै बस्ती थिएन। भारतबाट काठमाडौँ जाने मुख्य मार्गमा पर्ने हेटौँडामा एउटा सानो बजार थियो।

घना जङ्गलले पूरै नढाकिए पनि तिनताक यो क्षेत्र साँच्चै नै एउटा विकट प्रदेश थियो। सर्लक्क तन्किएका सालका मोटा वृक्षहरूले मेरो ध्यान तानिरहेका थिए। अत्यन्तै कडा र पानी भन्दा गह्रौँ हुने यिनै काठहरूबाटै सम्पूर्ण भारतीय उपमहाद्वीपमा रेललाइनका स्लिपरहरू बनेका हुन्। हामी चढेको मोटर हेटौँडालाई पार गर्दै भीमफेदी (११७३ मिटर) को साँघुरो खोंचमा पुगेर रोकियो। त्यहाँ महाभारत पर्वत शृङ्खलाको फेदीमा बग्ने एउटा नदीको बगरमा गएर मोटरबाटो टुङ्गिन्थ्यो।



टोनी हागन

त्यहाँ नदी पारि हामीलाई चिसा पानी गढी (१८०० मिटर) को उकालो चढाउन पाँच ओटा घोडाहरू पखिरेका थिए। काठमाडौँ जानलाई दुइटा भन्याङ काटेर जानु पर्‍यो। त्यस बाटालाई चिसापानीगढीले निगरानी राख्यो। हिमालयका हिममण्डित शिखरहरूको दर्शन पाइएला कि भनेर सारा दिन हामीले व्यर्थै आँखा च्यातिरह्यौँ। हिमालय र हामीबीच ३००० मिटर अग्लो महाभारत शृङ्खला उभिएको थियो।

चिसापानीगढीमा एकजना फरासिला कर्णेल साहेब हामीलाई पखेर बसेका थिए। भारत र नेपालको मैदानी भागमा खाएको गर्मी र दिन भरिको हिँडाइ पछि हामीले त्यहाँ पाएको चियाको सत्कार तथा पहाडी स्वच्छता साँच्चै आनन्दको थियो। एक रात त्यहाँ आनन्द साथ व्यतीत गरे पछि भोलिपल्ट बिहान हामी सिसागढीको भन्याङ (२००० मिटर) पार गर्न उकालो लाग्यौँ। काठमाडौँ पुग्न पार गर्नु पर्ने यो पहिलो भन्याङ थियो। सिसागढी भन्याङको उत्तर तर्फ कुलेखानीको उपत्यका देखा हामीलाई आश्चर्य लाग्यो। त्यो उपत्यका भीमफेदीको खोंच भन्दा सयौँ मिटरको उचाइमा थियो।

कुलेखानी उपत्यकामा पहिलो चोटि खाँट्टी नेपालीमा निसहरू सित हाम्रो साक्षात्कार भयो। ती मानिसहरू होचो कद र चिमसा मञ्जेल आँखा भएका थिए। उनीहरूका बस्ती रमाइला थिए। उनीहरू तराई र हिन्दुस्तानमा हामीले देखेका घरहरू भन्दा बढिया तवरले बनाइएका घरहरूमा बस्दथे। पहाडका पाखाहरू गरैगरा परेका थिए र चारैतिर सामूहिक गीतका भाका गुन्जिरहेका थिए। गीत गाउनेमा खासगरी खेतबारीमा काम गरिरहेका आइमाईहरू थिए। मैले पुरुष र महिला बीच चल्ने यस्ता कर्ण प्रिय दोहोरी गीतहरू सन् १९५० को दशकको अन्त्य सम्म पनि नेपालका डाँडाकाँडामा सुनेको छु। अचेल ज्यादै दुर्गम ठाउँहरूमा बाहेक अन्यत्र यस्ता गीतहरू सितिमिति सुन्न पाइँदैन।

मानिसहरू अति नै मिलनसार थिए। त्यस बखत अभिवादन गर्ने शब्द सायद नेपालीहरूलाई थाहा थिएन। सद्रमधुर मुस्कान छरेर मुन्टो हल्लाउनु नै उनीहरूको अभिवादन हुन्थ्यो। त्यो चलन नेपालमा विकास गतिविधि बढेपछि हराएर गयो र सन् १९५१ देखि 'नमस्ते' भन्ने बाहिरिया चलन भित्रियो। यो चलन थाल्ने अमेरिकीहरू हुन्। म अहिले पनि सम्भन्छु, नेपालीहरू संग मित्रता गाँस्नलाई जम्लाहात पारेर ठूलठूलो स्वरले नमस्ते भन्दै विदेशी विकास कार्यकर्ताहरू उस बेला गाउँगाउँ हिँड्ने गर्थे। दुर्भाग्यवश, यो पराई शैलीको अभिवादन हिजोआज जतासुकै चल्तीमा छ। सबै गाइडबुकहरूले नेपाली अभिवादन भनेर 'नमस्ते' गर्न नै सिकाउँछन्।

रमणीय कुलेखानी उपत्यका भएर गुज्रँदा हामीले बाटामा ओलिन काठमा बसेर गइरहेका प्रशस्तै मानिसहरू भेट्यौँ। ओलिन काठमा बस्नेहरूमा धेरै जसो हिँड्न बानी नपरेका सहरिया आइमाईहरू थिए। तिनीहरू हिन्दुस्तान जानलाई काठमाडौँबाट भीमफेदी गइरहेका थिए।

चन्द्रागिरिको ठाडो उकालो (२५०० मिटर) चढ्दा काठमाडौँ लान लागिएको एउटा मोटरकार बाटाको छेउमा यसै बिसाएर राखिएको हामीले देख्यौँ। भीमफेदी देखि मोटर कारहरू बोकेर ल्याउन मोटामोटी दुई देखि तीन हप्ता लाग्थ्यो र एउटा मोटरकार बोक्न चालीस जना जति भरियाहरूको आवश्यकता पर्दथ्यो। भरियाहरूले कारलाई डोरीले चारैतिरबाट बाँधीनोल लगाएर बोक्थे। हामीले बाटामा देखेको गाडी ल्याउने बखत तिहार परेकोले भरियाहरू त्यसलाई त्यहीँ छाडी तिहार मनाउन आआफ्ना गाउँ गएका रहेछन्।

चन्द्रागिरि भन्याङमा आइपुगे पछि हामीले हाम्रो अगाडि हरियाली युक्त फराकिलो काठमाडौँ उपत्यका प्राचीन सहरहरूलाई समेटेर बसेको पायौँ। उपत्यकाको पछिल्लर उत्तुङ्ग

हिमालय खडा थियो। आफ्नो म्याप हेरेर मैले गणेश हिमाल, लाङटाङ हिमाल र सिसापाङ्मा हिमाल (८०१३ मिटर) ठम्याएँ। हाम्रा आँखा सामु साँच्चिकै साङ्ग्राला पस्रिएको पायौँ। त्यो दृश्य अद्भुत थियो।

थानकोट सम्मको (१६०० मिटर) ओरालो ठाडो र कठिन थियो। सीप लगाएर दुइगा ओछ्याएको बाटो भने तारिफ गर्न लायक थियो। हामीले गरेको दुःखको पुरस्कार स्वरूप साँभको कोमल प्रकाशमा गजबको प्राकृतिक छटा देख्न पायौँ।

थानकोटबाट काठमाडौँ सम्म जाने सडक कच्ची थियो। त्यहाँ महाराजले हाम्रा लागि पठाएको कालो प्याकार्डकार हामीलाई पखिरेको थियो। महोगानी काठले मोडिएको रातो मखमली गद्दावाल सिट भएको त्यो कार भव्य थियो। भन्डै १० किलो मिटर जतिको मोटर यात्रा पछि हामीहरू काठमाडौँ सहरको त्रिपुरेश्वर स्थित गेस्टहाउसमा आइपुग्यौँ। गेस्टहाउसका प्रमुख भण्डारीजीले महाराजको तर्फबाट हाम्रो औपचारिक स्वागत गरे। उनी हाम्रा लागि खटिएका सम्पर्क अधिकृत थिए। हाम्रो भेटघाट तथा भ्रमण कार्यक्रम र यातायात सम्बन्धी सबैजसो काम उनैको जिम्मा थियो।

आएकै दिन चारै तिर शानदार ठूला रूखहरूबाट घेरिएको टुँडिखेलमा टहलिन हामीलाई कसैले भन्नुपरेन। त्यस दिन साँभ सहरका सारा मानिस त्यहाँ ओइरिएका थिए। मानिसका साथसाथै गाई, भैँसी, खसी, बाख्रा र हाँसका बथान पनि कवाज खेल्ने त्यस मैदानमा देखिन्थे।

स्वीस भूगर्भविद् टोनी हागन (सन् १९१७-२००३) पहिलो पटक नेपाल सन् १९५० मा आएका थिए। यो लेख उनको 'नेपालको चिनारी' - हिमाल किताब नामक अनूदित पुस्तकबाट लिइएको हो।

शिक्षामा लगानी खेर बजानी

लेखक हरि सिलवाल

आकासिंदो महेगी, शिक्षामा निजीकरण, वैदेशिक तथा अन्तराष्ट्रिय शिक्षा, सूचना प्रविधिको कारण संसारभरीको शिक्षाबारे ज्ञान र सूचना, बढ्दो प्रतिस्पर्धा जस्ता कारणहरूले उच्च शिक्षा नलिई पनि नहुने र लिन पनि गाह्रो हुने अवस्थामा पुगेको छ। निजी विद्यालयको द्रुत विकास र व्यापकता सँगै आधारभूत शिक्षा निजी अंग्रेजी माध्यम विद्यालयमा पढाउनु एउटा चलनचल्ती, बाध्यता र जीवनशैली नै भइसकेको छ। आफ्ना सन्तानलाई बोर्डिङमा पढाउनको लागि गरीब बाउ-आमा विदेशिएका छन्। शिक्षित मध्यम वर्गीय बाउ-आमा अतिरिक्त समय काम गरी स्वास्थ्य विगारिरहेका छन्। डेढ खर्बभन्दा बढी राज्यकोषको र त्यसको धेरै गुणा बढी निजी घर परिवारको रकम वर्षेनी शिक्षामा लागिरेहेको छ। त्यो खर्च र भण्डै एक करोड अभिभावकको समयको योगदानले बालबालिका तथा युवामा अपेक्षित विकास हुन सके, त्यो लगानी हुने छ। अन्यथा त्यो खर्च मात्र हो।

भण्डै दश वर्ष अघिको एउटा साँभ हाम्रो कार्यालयमा भण्डै ६०/७० जना अभिभावक तथा विद्यार्थी र आधा दर्जन जति एउटा मेडिकल कलेजका सञ्चालकहरू थिए। भेलाको उदेश्य थियो टुंगिन लागेको मेडिकल कलेज सञ्चालकहरू बीचको विवादलाई लिपीबद्ध गरि विट मार्ने। भण्डै ३ महिना देखि मेरो प्रयासमा भईरहेको नेगोसीयसन/कुराकानी धेरै पटक मिल्ने विन्दुमा पुग्दै विग्रदै गईरहेको थियो। सकारात्मक दबाव सृजना गर्ने रणनीतिको एउटा अंशको रूपमा पछिल्लो समय मैले केही विद्यार्थी र अभिभावकहरूलाई पनि मुख्य मुख्य संवाद र सहमतिमा सरिक गराउन थालेको थिए। धेरै रस्साकस्सी पछि, तात्त्विक कुराहरूमा सहमति जुटिसकेको थियो। हामी त्यसलाई लिपीबद्ध गर्न लागेका थियौं। पहिले पहिले भैं फेरि अकस्मात नयाँ विषय जन्मियो। विमति भयो। सहमति भाँडियो, वातावरण तातियो। केही समय अघि





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सम्म उज्यालीएका दर्जनौ अनुहार एकाएक वडलाए। समभकारी पत्र लेख्न सुरू गएका हातहरू कलम विसाएर पुन सबै पक्षलाई अर्थयाउन सुरू गरे। यतिकै अकास्मत केही अभिभावकहरू “लौन, लौन “भन्दै चिच्याउन थाले। के भो भनी हेरेको त एक जना अभिभावक बेहोस भएछन्। उनी त्यही अभिभावक थिए जो नेगोसीयसन शुरू हुँदा ताका देखि नै पुरै प्रक्यामा निरन्तर चासो दिइरहन्थे/आइरहन्थे। मिल्ल-मिल्ल लाग्दा खुसी हुन्थे र माहोल विग्रदा दुःखी देखिन्थे। एक वर्ष देखि बिथोलिएको कलेजको पठन पाठन गत तिन महिना देखिको नेगोसीयसनले समाधानको विन्दुमा पुग्न लाग्दा पलाएको उनको आशा पुन मरेछ र उनी आँतिएर बेहोस भएछन्। उनलाई लागेछ कि अब यो विषय कहिल्यै मिल्दैन। हुन त खुशी र दुःख थेग्न सक्ने मानिसका आ-आफ्नै क्षमता र तह हुन्छन्। तथापी, उनी बेहोस हुनुका कारण भने स्वभाविक रहेछ। इमान्दार निजामति सेवाको रूपमा वचत गरी कमाएर जोडेको एउटा मात्र घर बेची एकल सन्तानलाई डाक्टर बनाउन भनी खर्च गरेका रहेछन्। आफू डेरामा सरेका रहेछन्। घर बेची आएको सबै रकम एकमुष्ट मेडिकल कलेजलाई बुझाएका रहेछन्। उनको र परिवारको सपना रहेछ उनीहरूको सन्तान डाक्टर भएर उसको र परिवारको भविष्य उज्वल बनाउनेछ। भण्डै डेढ वर्ष देखि बढ्दै गएको पिर आज उचाईमा पुग्यो। उनका लागि संसार नै अध्यारो भयो। उनी विकल्पहिन भए। न अधि न पछि कतै जाने ठाउँ देखेनन्। जब समस्या आफू भन्दा ठूलो हुन्छ, आफू हराउँने चेतनाले समस्याको समाधान नभेटे पछि चेत हराउछ, अचेत भइन्छ। त्यही भयो उनलाई, स्वभाविक हो। यो शताब्दिमा सर्वसाधारण नेपालीहरूको शिक्षालाई कति सम्म महत्व दिइरहेको छ भन्ने प्रतिनिधि घटना हो यो। यसपालिको बजेटमा राज्यले ११% शिक्षाका लागि छुट्याएको छ। मेरो विचारमा काम काजी मध्यम तथा निम्न मध्यम वर्गीय नेपालीको घरेलु बजेटको आधा भन्दा बढि हिस्सा शिक्षामा जान्छ। पुरा परिवार टाट पल्टेर पनि शिक्षामा लगानी गरिरहेका छन् नेपालीहरू। यो गान्धे कष्टकर र एउटा दृष्टिकोणले सकारात्मक पनि हो।

लक्ष्य निर्धारण सम्भाव्यता अध्ययन तथा प्रतिफल

कक्षा १२ सम्म शिक्षा प्रारम्भिक हो। हुन त सम्भव भए उच्च शिक्षा सबैले लिनु पर्छ। कम्तिमा १२ कक्षा सम्म सबैले पढ्नु पर्छ। त्यो व्यक्ति, उसको परिवार र राज्यको नै दायित्व हो। हरेक बच्चालाई १२ सम्म पढाउनु एक शिक्षित अभिभावक छ भने त भन जुन सुकै उपाय लगाएर पनि कुनै पनि किसिमको

लगानी कि खर्च ?

कुनै व्यक्ति, संस्था, कार्यक्रम, योजना, देश, वस्तु आदिमा थप रकम लगाई त्यसको तत्कालको अवस्थामा सुधार वा विकास ल्याउन सकिन्छ भने त्यो लगानी हो भने त्यसलाई चलाई राख्न वा बचाई राख्न मात्र सकिन्छ भने त्यो खर्च हो। व्यक्ति र परिवारले शिक्षामा लगाउने रकमलाई पनि यही कोणबाट हेर्नु पर्दछ। वैदिक, सामाजिक, शैक्षिक, पारिवारिक, नैतिक, भौतिक, आध्यात्मिक र आर्थिकमध्ये कुनै एक वा केही वा सबै विकास भए त्यसमा लगाएको रकम, साधन स्रोत र समय लगानी हो।

नभए त्यो खर्च हो। लगानी भए सम्पना वा तथ्यांक रहन्छ नभए मेटिन्छ। नराखे पनि हुन्छ। नसम्भे पनि हुन्छ। आधारभूत शिक्षाको हकमा खर्चमा भने हुन्छ। उच्च शिक्षाको हकमा उपलब्धी भए लगानी नभए खर्चमा राखे हुन्छ।

कमजोरी वा चुनौतीहरू भए पनि आफ्ना सन्तानलाई त्यति सम्म पढाउने पर्छ। बच्चा वा आफू वा परिवारमा कुनै कमी वा समस्या देखाएर कुनै पनि अभिभावक यो जिम्मेवारीबाट उम्कन सक्दैन। माध्यमिक तह भन्दा माथिको अध्ययन गर्न वा गराउन भने लक्ष्य निर्धारण गरेर मात्र गर्ने पर्दछ। विद्यार्थीको इच्छा, लगाव, राष्ट्रिय अन्तर्राष्ट्रिय बजारमा त्यसको माग, थप, अध्ययन अनुसन्धानको ढोका र भविष्य तथा उपलब्धता, लगानी, उध्यम तथा रोजगारिको सम्भावना, जीवनमा उपयोग हुने नहुने कुरा, आदि जस्ता आधारमा पढ्ने विषय, ठाउँ आदिको सम्भाव्यता अध्ययन गर्नु पर्दछ। अभिभावक, संरक्षक, मार्गदर्शकको अनुभव, ज्ञान र सल्लाह लिई विद्यार्थीको इच्छा र अवस्थाको आधारमा लक्ष्य निर्धारण गर्नु पर्दछ। आफूले लिन लागेका शिक्षा केका लागि हो ? मनन गर्नु पर्दछ। आदर्शको कुरा गर्दा शिक्षा, ज्ञान, बुद्धि र विवेक विकास गर्न हो। जीवनलाई आफ्नो उपयोगी र समाज उपयोगी बनाउने हो। फालिएको माटोबाट सुन्दर कलात्मक उपयोगी भाँडा बने जस्तै एउटा आदर्श, व्यवहारिक र उपयोगी व्यक्ति बनाउनु नै शिक्षाको प्रतिफल हो। जीवन यापन आफैमा खर्चिलो भए सँगै चाही नचाही समाजले शिक्षाको आधारमा सृजित उध्यम वा रोजगारिले दिएको आर्थिक लाभलाई नै प्रतिफल भनेर बुझ्ने चलन पनि छ। यो वाध्यात्मक परिभाषामा सत्यता पनि छ।

चुनौति तथा अवसरहरू

राज्य, शिक्षण संस्था, अभिभावक विद्यार्थी र उत्पादित गुणास्तरीय शैक्षिक जनशक्तिलाई काममा लगाउने प्रतिष्ठान तथा काम गरी वा नगरी समाजमा मिसिइन पुग्ने व्यक्तिहरू

सबैका लागि केहि न केहि चुनौती छन् नै। राज्यलाई साधन स्रोतको व्यवस्था र परिचालन अनि दक्ष जनशक्तिलाई अवसरको सृजना र ज्ञान/सीप लिन नचाहनेहरूको वैकल्पिक व्यवस्था जस्ता चुनौतिहरू छन्। चुनौति मै अवसरहरू हुन्छन्। उदाहरणार्थ पढ्न नचाहनेलाई विकास निर्माणमा भौतिक काम लगाउन सकिन्छ। चुनौतीलाई अवसरमा बदल्न सक्नु पर्छ। विद्यार्थीले प्रतिस्पर्धात्मक चुनौतिमा निखारिएर अन्तर्राष्ट्रिय स्तरमा आफूलाई उभ्याउन सक्छन्।

अभिभावक तथा छोराछोरी बीच समभकारी

विश्वव्यापिकरण, सूचना प्रविधिमा पहुँच, मूल्य मान्यतामा समय अनुसार परिमार्जन सँगै पुस्तान्तर स्वभाविक छ। दुवै पुस्ताले यो सत्यलाई स्विकार्नु पर्दछ। पुरानो पुस्ता एक कदम अधि बढेर र नयाँ पुस्ता एक कदम रोकिएर हेरेर शिक्षालाई व्यक्ति, परिवार, समाज र मानवता उन्मुख बनाई सबै खुशी र सुखी बनाउन लाग्नु पर्दछ। अभिभावकले राम्रो शिक्षा दिई आफूले गरेको काम विसि बच्चालाई स्वतन्त्र बनाईदिने र बालबच्चाले आफूले पाएको मौका र सुविधाको लागि आभार वा कृतज्ञ हुने गरे स्वत समभकारी बन्न जान्छ। अशिक्षित आमा बुबा र शिक्षित छोराछोरी भए यो जिम्मेवारी नयाँ पुस्ताले लिनु पर्छ। शिक्षित तथा सम्पन्न आमा बुबा भए आफ्नो बुद्धि विकासमा केही सम्भौता गरेर भए पनि नयाँ पुस्तालाई समय दिनु एउटा न्यूनतम धर्म हो। महँगो विद्यालय र महाविद्यालयमा पढाउँदैमा र सुख सुविधाका सम्पूर्ण विकल्पहरू दिनु नै आफ्नो कर्तव्य पुरा भएको ठान्नु महान भूल हुनेछ। समय र मन दिनु पर्छ। सँगै हिडे र पुस्तान्तर घटाउनु पर्दछ।

शिक्षा के का लागि ?

विभिन्न विश्वविद्यालयका स्नातक तथा स्नातकोत्तर अध्ययनरत विद्यार्थीहरू बीच उत्प्रेरणात्मक कार्यक्रमहरूमा प्राय एउटा प्रश्न नछुटाई सोच्ने गरिन्छ: तपाईं किन पढ्दै हुनुहुन्छ ? अधिकांश विद्यार्थीले तत्काल उत्तर दिन सक्दैनन्। केहिले उत्तर दिन्छन् तर उदेक लाग्दो र निराशाजनक: भन्छन् “सबै पढ्न जान्छन्, म पनि जान्छु”। शायद यहि प्रश्न शिक्षालय, अभिभावक, नीति निर्मातालाई सोच्ने हो भने पनि अकमकिएलान आवश्यक ज्ञान, सीप, विवेक, जीविका, घर, परिवार, समाज, आफू, मानवता, भविष्य, खुसी आदिका लागि होलान्। जे होस, शिक्षामा लगानी आफू, आफ्ना र अर्का सबैको लाभका लागि हुन जरूरी छ। यसलाई लगानी बनाऔ, खर्च होइन।

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त्रासदीका दिनहरू

मै २००८ को कुरा हो । जीवनले आर्यनलाई एक ठूलो दुर्घटनाको मुखमा पारिदियो । ३ वर्षको कलिलै उमेरमा आर्यन आगजनीको सिकार भए । यस ब्याकुल भावनात्मक घटनाले आर्यनलाई शारीरिक र उनका परिवारलाई ठूलो मानसिक पीडा पर्यो । छोराको ज्यान जोगाउन आर्यनलाई नयाँ दिल्लीको एक अस्पतालमा राखी महिनौ सक्दो उपचार गराइयो । लगभग १ वर्षको उपचारपछि मात्र डाक्टरहरूले आर्यनलाई सुरक्षित घोषणा गरे, जुनपछि थप उपचारका लागि उनलाई अमेरिका लगियो । त्यसपछि आर्यनको स्वास्थ्य विस्तारै ठिक हुँदै गयो ।

पहिलो कदम

आर्यनका बुबा, सुनीत गिरी भने पहिले देखि नै टेनिसमा चाख देखाउँथे । तर सानो छँदा आर्यनको मन त्यता तानिएन । २०११ को कुरा हो, सातदोबाटोमा टेनिस खेलिरहेका डाडु महेत्माका छोरीहरूसँग आर्यन र सुनीतको भेट भयो । यस भेटपछि आर्यनले टेनिसलाई गहिरो रूपमा बुझ्ने सोच बनाए । यस क्रममा आर्यनले टेनिससँग एक बेलै किसिमको लगाव विकास गरिसकेका थिए । छोरोको बढ्दो रुचि देखि, सुनीतले नेपालको एक राष्ट्रिय प्रशिक्षक, सूर्य भूसन बज्राचार्यसँग सम्पर्क गरे । यसरी आर्यन र उनकी जेठी दिदी, मेधावीको टेनिसको यात्रा सुरु भयो ।

यो यात्रा सुरु गर्ने बित्तिकै आर्यनमा धेरै सकारात्मक परिवर्तनहरू देखिन थाले । आफ्नो अतितका घटना र शारीरिक क्षमतालाई आर्यनले आफ्नो प्रस्तुतिमा बाधा बन्न दिएनन् ।

कठिन समर्पण

महान चरित्र कठिनाईहरू द्वारा निर्माण हुन्छन् भने भैं यस यात्रालाई कायम राख्न शासन प्राणालीहरू एक खेलाडीको जीवनशैलीसँग उपयुक्त हुनका लागि कडा बनाइयो । यस बीच खेलाडीको कडा र कठिन जीवनमा आफूलाई समर्पित गर्न नसकेकाले आफ्नो छुट्टै रुचि अनुसरण गर्न मेधावीले केही वर्षपछि टेनिस सिक्न छोडिन ।

आर्यनले भने आफूलाई टेनिसप्रति पूरा समर्पण गरिसकेका थिए । सामर्थ्य र खुबी मात्र हुँदैन मानिस धेरै अगाडी बढ्न सक्दैन । यो साथै चाहिन्छ त्याग, कडा परिश्रम, र धैर्यता । यी तत्वहरू धेरै युवाहरू भित्र समाहित छ । तर यसलाई असर गर्ने एक ठूलो पक्ष छ अर्थ व्यवस्था । आफ्ना छोराका लागि आर्थिक अभावको महसुस नहोस् भनी सुनीतले आफ्नो जीवनको ठूलो हिस्सा त्याग गरे । एक पिताको भूमिका मात्र नभएर, एक प्रशिक्षक लगायत परामर्शदाताको भूमिका पनि सुनीतले निर्वाह गरे । म आफ्नो समयको ठूलो भाग म्याच हेर्न, विश्वभरको खेलमा विकास र प्रगति बारे सतर्क हुन, अनुसन्धान र खोज गर्न र आफ्ना छोरालाई राम्रो भन्दा राम्रो टेनिसको खेलाडी बनाउन खर्च गर्छु भन्छन् हाम्रा सुनीत गिरीले ।

“नेपालमा सम्भावना र राम्रो धरातलको कमी छ भनी देशमाथि आरोप लगाउनु भन्दा प्रगति र सङ्घर्ष गर्ने बोझ आफ्नै काँधमा बोकी सफल हुने मान्यतामा विश्वास गर्छु” वर्तमानमा आर्यन गिरी एक विश्वस्तर खेलाडी हुनुको पछाडि उनको एक्लो सङ्घर्ष मात्र नभएर उनका पिता सुनीत गिरीको कठिन समर्पणले ठूलो भूमिका खेलेको छ ।

सत्यको बाधा

विगत केही महिनाहरूमा आर्यनको लागि एक राम्रो प्रशिक्षा प्रदान गर्नको खोजीमा हामीले साँच्चै सङ्घर्ष गर्यौं । यसका साथै नेपालको वातावरण पनि उस्तै उ । आफ्ना छोरालाई अबै अगाडी बढाउनका लागि नेपालको परिस्थिति अनुकूल नभएकोमा सुनीतलाई ठूलो अफसोस छ । यो मलाई भन्न साह्रै निरास लाग्दछ तर यहाँ हाम्रो लागि उचित भौतिक सुविधा छैन । यसका साथै उदाउन प्रयास गर्दै गरेका युवाहरू प्रति यहाँका मानिसहरूको सकारात्मक मानसिकता पनि छैन । यहाँका मानिसहरूको विचारधारा नकारात्मक हुनुका साथै लामो र प्रभावकारी लगानी भन्दा छिटो र सजिलो वाटोलाई धेरै प्राथमिकता दिने चलन छ ।

एक व्यक्ति आजको भोलि सफल हुन सक्दैन । एकै रातमा उसको भविष्य निर्माण हुन सक्दैन । नेपालमा हामी हाम्रा छोराछोरीबाट थुप्रै कुराको अपेक्षा गर्छौं तर जब उनीहरूको भविष्यका लागि लगानी गर्ने समय आउँछ तब यस खर्चलाई

बेहोर्न नसकि हाम्रो मन थरथराउँछ । यो हाम्रो समाजको वास्तविकता हो । यस मान्यताले थुप्रै अभिभावक तथा युवाहरूलाई अगाडी बढ्नुबाट निरुत्साहित गर्दछ । तर सुनीत र आर्यनले भने यस नकारात्मक सोचाईलाई पछ्याडी छोडी आर्यनलाई उचित सुविधा प्रदान गर्नको खोजीमा लागे, जुन उहाँहरूलाई थाइल्यान्डमा प्राप्त भयो । त्यहाँको लाङ्ग टेनिस असोसिएशनमा भर्ना गरेपछि आर्यनमा ठूलो प्रगति देखिएको पनि छ । उ एक राम्रो टेनिस प्लेयर मात्र नभएर एक परिपक्व खेलाडी भै उम्रिन थालेको छ ।

दिनहुँको सङ्घर्ष

वाउ छोरा नै दिनहुँ एक निश्चित तालिका अनुसरण गर्दछन् । सुनीत र आर्यन हरेक विहानी ४:३० बजे नै उठेर अभ्यासका लागि तयार हुन्छन् । लगभग ६ बजे तिर सातदोबाटोको कोर्टमा २ घण्टाको कडा अभ्यास सुरु हुन्छ । खेलका साथै सुनीत पढाईलाई पनि महत्वपूर्ण ठान्छन् । प्रशिक्षणपछि ९ बजे तिर आर्यन युलेन्स स्कूल जान्छन् । विद्यालयको समय समाप्त भएपछि ५ बजे तिर उनी फेरि अभ्यासका लागि कोर्ट जान्छन् । उनी सूर्यास्त नभए सम्म विश्राम गर्दैनन् ।

ITF लेभलको विज्ञ प्रशिक्षक कृष्ण राज घलेको निर्देशनमा रहेर आर्यन दिनहुँ आफ्नो सीपहरूलाई अबै तिखो बनाउने प्रयास गर्दछन् । कृष्णजीलाई विश्वास छ कि आर्यन आफ्नो समर्पण र कडा मिहिनेतले धेरै अगाडी बढ्न सक्छ भनी, सुनीतले हामीलाई गर्व साथ भन्छन् । अभ्यास गर्दा शारीरिक थकाई त स्वाभाविक हो तर मानसिक रूपमा भने आर्यन कहिल्यै थाक्दैन । यो कारणले मेरो छोरो धेरै उचाइमा पुग्न सक्छ भन्ने मेरो भरोसा अबै मजबुत छ तर यसका साथै म सदैव सतर्क रहन चाहिँ विर्सिदिन ।

सफलताका छापहरू

सङ्घर्ष सङ्घर्षमा समर्पित हुने मानिसले



एक न एक दिन त्यसको फल अवश्य पाउने छ भने भैं किशोर अवस्था मै आर्यन गिरीले ठूलो सफलता प्राप्त गरिसके । अहिलेको दिनमा आर्यनले यति धेरै प्रगति गरिसके जुन उनका

उमेरमा अरू केटाकेटीहरूका लागि सपना मात्र हो । वर्तमानमा आर्यन नेपालका १४ वर्ष मुनिका खेलाडी मध्ये प्रथम स्थानमा पर्दछन् भने एसिया कै खेलाडीहरू मध्ये उर्नान्तिस नम्बरमा पर्दछन् ।

जनवरी २०१३ देखि कल्कत्ता र बैककमा नारेद्रनाथ सुनाल्टको निर्देशन मुनि हैदराबादको NVK शिक्षण संस्थामा, नर्थ टेक्ससको विश्वविद्यालयमा राज र सुजय लामाको मार्गदर्शनमा, बैककको IF/ITF/ATF JTI अन्डर १४ क्याम्पमा, साथै 'प्रिपेरेटोरी टेनिस क्याम्प फोर अन्डर १२ एसियन टिम च्याम्पियनशिपमा' आर्यनले आफ्नो निरन्तरको अभ्यास सुरु गरे । आर्यनले थुप्रै राष्ट्रिय र अन्तर्राष्ट्रिय खेलहरूमा भाग लिई स्वर्ण पदक हासिल गरेका छन् ।

बैककमा राष्ट्रिय तहको U12 प्रतियोगिता २०१५ सालमा जित्नु, २०१६ मा DPTA जुनियर सर्किट हिफिफहाईन्स' र ड्यालस एस्प्रिंग ओपेन U12 जित्नु, त्यही साल ईस्पेनको राफेल नडल अकाडेमिमा U12 टेन प्रो ग्लोबल जुनियर टोओर को क्वाटर फाईनालमा पुग्नु, ड्यालस र टेक्ससमा आयोजित भएको चारै वटा U12 सुपर क्याम्प लेभल टोर्नामेन्टमा प्रथम पदक जित्नु साथै इन्डिया र कतारको पाँचै वटा ATF U14 टोर्नामेन्टमा भाग लिई उत्कृष्ट प्रदर्शन दिनु आदि इत्यादि आर्यनका केही उपलब्धि हुन् जसले गर्दा उनी विश्वभर अझै चर्चित र स्थापित हुँदै गए । बैककको हाई पर्फर्मेन्स टेनिस क्याम्प' एउटा ITF/ATF क्याम्प हो जुनमा एशियाका सबैभन्दा उदयमान र अद्भुत बालबालिकाहरूलाई मात्र निमन्त्रणा गरिन्छ । २०१८ मा आर्यन गिरीलाई यो क्याम्पको हिस्सा बन्न निमन्त्रणा गरियो जुन साह्रै नै गर्वको विषय थियो । 'U12 एसियन टिम च्याम्प' र 'U14 वर्ल्ड जुनियर टिम च्याम्पियनसिप डिभिजनमा नेपाललाई प्रतिनिधित्व गर्न आर्यनलाई रोजियो । हालसालै चमरन कप 'U14 प्रतियोगिता' ईम्प्याक्ट सुपर जुनियर सिरिज आदि प्रतियोगितामा आर्यनले भाग लिई चमरन कप र ईम्प्याक्ट सुपर जुनियर सिरिजमा प्रथम स्थान हासिल गरे ।

एक प्रेरक

जब कोही समस्याको मुखमा पर्छ, उसलाई भाग्नु नै सबै भन्दा सजिलो बाटो लाग्दछ । आर्यन गिरी समस्यामा परेका यी कोहीहरू मध्ये परे तर उनले सजिलो बाटो कहिल्यै रोजेनन् । तसर्थ उनलाई थाहा थियो कि सजिलो बाटो भनेको क्षणिक स्वतन्त्रता मात्र हो । उनले आपत्तिमा भान्ने निर्णय कहिल्यै लिएनन् । तसर्थ उनलाई थाहा थियो कि भाग्नु भनेको शक्तिहीन, कमजोर र निराशाको बाटो रोज्नु हो । आर्यन र उनका बुबाले निरन्तर कष्टहरूबाट आफूलाई चम्काएर अहिले विजय हासिल गरेका छन् ।

आर्यनका लागि जीवन एक युद्ध भैं थियो । तर उनले यस युद्धमा निरन्तर प्रयास र साहसका साथ लडी सर्वोत्कृष्ट अवस्थाको जीवन जित्न सफल भए ।



रक्तचापको बारेमा केहि प्रश्नहरू

१. उच्च रक्तचाप के हो? यसको कारण के हो ?

Systolic रक्तचाप 130mm hg भन्दा बढी र diastolic रक्तचाप 80mm hg भन्दा बढी छ भने यसलाई उच्च रक्तचाप मानिन्छ । 90% idiopathic (बिना कुनै कारण), 10% दोस्रो कारण जस्तै मृगौला रोग, हृदय रोग, Gland सम्बन्धि कारण आदि । जब कुरा उच्च रक्तचाप उपचारको आउँछ, यो व्यक्तिको रक्तचाप कति उच्च छ भन्नेमा निर्भर हुन्छ । यदि यो अत्यन्त उच्च छ भने, केही परीक्षणहरू गर्नुपर्दछ र समयमा उचित औषधि सेवन गर्नुपर्दछ । त्यसपछि जीवन शैलीमा परिवर्तनहरू जस्तै नमक सेवन घटाउने, तेल/जंक फूडहरू कम गर्ने, हल्का व्यायामहरू र शारीरिक क्रियाकलाप गर्ने ।

२. कम रक्तचाप के हो? यसको कारण के हो ?

सामान्य रक्तचाप (Systolic 120mm hg, diastolic 80mm hg) भन्दा कम छ भने यसलाई कम रक्तचाप मानिन्छ । यसको कारणहरू - निर्जलीकरण (भाडाबान्ताको कारण, गर्मी स्ट्रोकको कारण); बंसानुगत आदि ।

३. साइड इफेक्टहरू के हो ?

यदि हाइपरटेन्सन अनुपचारित छोडिएको छ र उचित उपायहरू लिइएन भने त्यसबाट पीडितहरू अन्धा, दिमाग

ह्यामरेज, मृगौलाको असफलता, हृदय विफलता र मृत्यु पनि हुन सक्छन् ।

४. हामी कसरी व्यक्तिलाई उच्च रक्तचाप वा कम बीपी छ भन्ने थाहा पाउन सक्छौं ?

साधारणतया लक्षणहरू जस्तै टाउकोको पछाडिको भाग दुखने, चक्कर आउने, दृष्टि धमिलो हुने आदि हुनसक्दछ ।

५. यात्राको समयमा, यदि हामीलाई उच्च वा कम रक्तचाप भयो भने के गर्न सक्छौं ?

हामी उच्च रक्तचापको लागि आपातकालीन मौखिक दवाई जस्तै Niacardipine लिनसक्छौं । कम रक्तचापको लागि केवल तरल पदार्थ सेवन गर्नसक्छौं ।

६. कुन खानाहरू उपभोग गर्न वा नगर्नबाट रोक्न सकिन्छ ?

चर्को नून र चिल्लो खाना सकेसम्म कम उपभोग गर्ने र उच्च पोट्यास्सियम खाना जस्तै केरा, पालुङ्ग, आलु, एवोकाडो सकेसम्म बढी उपभोग गर्ने ।



हिमाल स्टील
DUCTYL500D

**लाचिण्यो जाति,
बाणिश्यो त्स्याति**

**बढी
हिमालले सुरक्षित घर बनाउँछ ।**



१००% गुणस्तर परीक्षण । लोडशेडिंगमा पनि निरन्तर उत्पादन । ७६ डिपो मार्फत चाहिएको स्थानमा नेपालभरि तुरुन्तै डेलिमरी हुने । निर्माणकर्ताको पहिलो रोजाई । पारदर्शी वजन र मूल्य

जात्रै जात्राको समिक्षा

लेखक विश्वास खनाल

'जात्रै जात्रा'मा तपाईंले तीन कुरा पाउनुहुनेछ, कमेडी खुराक, भ्रष्टाचारतर्फ नेपाली समाजको यात्रा र भद्र ईमान्दारीता। तीन वर्ष अघि तपाईंले 'जात्रा' हेर्नुभएको छ भने त्यसको सिक्वेल 'जात्रै जात्रा' मा नयाँ कुरा छैन। ढन्ड, दृश्य र पात्रको भोगाइ, दौडाई र कथ्यशिल्प पुरानै हो। बौद्धिक दर्शकका लागि सिर्जनात्मक उपस्थितीको अर्थ खोजिन सक्छ। तर, 'जात्रै जात्रा' उत्कृष्ट सिक्वेल चाँहि हो। तीनवर्षमा देशले नयाँ सरकार पायो तर पात्रको समस्या उस्तै। 'जात्रै जात्रा'ले समाजको ढन्ड र मनको विज्ञान उस्तै भएको चित्रण गर्छ। जात्रा फिल्म जहाँ सकिएको छ, जात्रै जात्रा त्यहीबाट सुरु हुन्छ। जात्रै जात्राका पनि तीन पात्र छन् विपिन कार्की, रविन्द्र भा र रविन्द्र सिंह बानिया।

फिल्म सुरु हुन्छ एउटा लडसटमा जहाँ तीन मुख्य पात्र फणिन्द्र-विपिन कार्की, जोयस-रविन्द्र सिंह बानियाँ र मुन्ना-रविन्द्र भाको जेल रिहाइबाट। जेलमा ३ वर्ष बसेर अदालतबाट क्लिन चिट पाएर निस्किएका उनीहरूलाई हेर्ने समाजको दृष्टिकोण फेरिदैन। २ करोड ८० लाखको नक्कली पैसा कारोबारमा तीनवर्ष जेल सजाय काटेर निस्किएका यी तीन पात्र नयाँ सिक्वेलमा पनि उस्तै ढन्डसँग लडनुपर्छ। पारिवारिक समस्या, आर्थिक समस्या उस्तै छ। कारागारबाट छुटेका जोयस आफ्नो घरतिर लाग्छन्। फणिन्द्र ट्याक्सी कुदाउन थाल्छन्। मुन्ना कैची चलाउन थाल्छन्। सबै कुरा ठिकठाक हुँदै जान्छ। तर, यही मोडमा आइपुगेपछि फणिन्द्र यस्तो भूमरीमा फस्नु पर्छ, जसले उनको जीवन चक्र फनफनी घुमाइदिन्छ। यसले बाँकी दुई मुन्ना र जोयसलाई पनि छाड्दैन। हराएको १० किलो सुनलाई खोज्न र लुकाउन भागदौड गर्ने र कसले

प्राप्त गर्ने माथापच्ची 'जात्रै जात्रा'को केन्द्रिय ढन्ड हो। यो नेक्ससमा गुण्डा, दलाल, ईमान्दार, पुलिस र नेता सबै मिसिएका छन्। खेलको विचमा दयाहाड राई, सुन तस्कर, प्रहरीको प्रवेश हुन्छ। फणिन्द्र र उनको टिमले सुनलाई पचाउँछ कि पचाउँदैन? फिल्मले यही कथामा आफूलाई बगाएको छ।

फिल्म जात्रै जात्रा कमेडीको पुरा डोज हो। फिल्म हेर्दा दर्शक पात्रको हाउभाउ, प्रवृत्तिसँग रमाउँछन्। पात्रको दैनिकीसँगै उनीहरू रुन्छन् पनि। फिल्मलाई निर्देशक प्रदिप भट्टराईले निकै राम्रोसँग बुनेका छन्। पहिलो जात्रामा राखिएको प्रश्नलाई समेत यसले जवाफ दिएको छ। यसैले जात्रै जात्रालाई प्रदिप भट्टराइको अर्को उत्कृष्ट फिल्म हो भन्न मिल्छ।

फिल्मले नेपाली समाजको पछिल्लो कालखण्डमा घटित सुनकाण्ड घटनालाई फलो गरेको छ। महत्वपूर्ण पक्ष के हो भने, 'जात्रै जात्रा' सँग समाजका सूचनाहरू धेरै छन्। फिल्मले साना-साना कुरामा पनि ध्यान दिएको छ। सुन काण्ड मौलाउँदा यसमा हुने सेटिड, एउटा परिवारका लागि आर्थिक अभावले थिच्दा के के सम्म हुन्छ, बाबु र आमा अलग हुँदा छोराछोरीमा कस्तो खालको मनोभाव पर्छ? यी सबै कुरा फिल्ममा उठाइएको छ। जब विवाहित महिला एक्लिन्छन् उनी घरवाहिर मात्र होइन, घरभित्रै पनि असुरक्षित हुन्छन्। फणिन्द्र जेल परेपछि दिदीको घरमा आश्रय लिन पुगेकी श्रीमती वर्षा राउतलाई आफ्नै भिनाजुले कुट्टि लगाउँछ। ठेलामा सेलरोटी बेचिरहँदा अर्का अधवैशे ग्राहकले उनको चक्कर लगाउँछ। महिला हिंसाको यो पाटोलाई पनि चलचित्रमा राखिएको छ।

फिल्मको दोश्रो भाग केही लामो लाग्न सक्छ। तर, दर्शकले विपिन, रविन्द्र द्वयसँगै आफूलाई पनि बगाएका छन्। यसैले सिनेमा हेर्दा कतै पनि पट्यार लाग्दैन। पात्रको अभिनय प्राकृतिक लाग्छ। मुख्य तीन पात्रको जीवन्त अभिनय निरन्तर छ। दयाहाड राई सुन गिरोह र गुण्डा नाइकेको भूमिकामा उनी तन्दरस्त छन्। विपिन कार्कीको अभिनय, संवाद र शैली सशक्त लाग्छ। फिल्ममा अभिनेत्री वर्षा राउतको भूमिका लामो छैन। तर, उनले जती गरेकी छिन् उत्कृष्ट गरेकी छिन्। रविन्द्र भा र रविन्द्र सिंह बानियाको कमेडी लाइनअप पनि उत्कृष्ट छ। फिल्ममा कलाकारले आफ्नो कामलाई पूरापूर निर्वाहा गरेका छन्।

जात्रै जात्रा कमेडी फिल्म हो। दर्शक आफैँ हाँस्छन्। दर्शकलाई फिल्म हेर्दा हेर्दा आँखाबाट आशु आएको पत्तो नै हुँदैन। एकातिर टाल्दा, अर्कोतिर भ्वाङ पर्ने। एकातिर मिलाउँदा, अर्कोतिर भत्कने। एकातिर तान्दा, अर्कोतिर फूत्कने। न यसो गर्दा हुन्छ, न उसो गर्दा। जीवन 'जात्रै' त हो। तीन वर्षअघि प्रदर्शित 'जात्रा' जुन मोडमा आएर टुंगिन्छ, 'जात्रै जात्रा' त्यसैलाई समातेर अगाडि बढेको छ। यसलाई एउटा उत्कृष्ट सिक्वेलको रूपमा व्याख्या गर्न सकिन्छ। जात्रै जात्राले जात्राको इज्जत धानेको मात्र छैन, यसको टिमले गर्व गर्ने ठाउँ समेत दिएको छ। तपाइले जात्रै जात्रा हेर्नुभयो भने राम्रो फिल्म हेर्नुहुनेछ।



अब तपाइको दोहा यात्रा अर्कै रमाइलो !



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*यो कुपन ब्यागेज बेल्ट नं & नजिकैको कतार डिउटी फ्रि मा प्राप्त गर्नु सक्नु हुनेछ।
फ्लेक्सि पोइन्टबाट निःशुल्क मिनेट र डेटा पाउनु हुने छ।

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FREE

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*Coupon redeemable at Qatar Duty Free shop near Baggage Belt 6.
Free minutes and data in the form of Flexi Points

प्रश्नोत्तरी

प्रश्न : १

अन्तिम पटक नेपालमा कहिले “नेपाल भ्रमण” अभियानको आयोजन भएको थियो ?

- २००० ईस्वी
- १९९८ ईस्वी
- १९८५ ईस्वी
- १९९० ईस्वी

प्रश्न : २

कुन नदीमा नेपालको सबैभन्दा अग्लो पुल छ ?

- बागमती
- मोदीखोला
- बिष्णुमती
- काली गण्डकी

प्रश्न : ३

नेपालका कतिवटा ठाउँहरू गीला द्वीप (सिमसार) घोषित गरिएको छ ?

- २
- १०
- ५
- १२

प्रश्न : ४

नेपालको पहिलो संरक्षण क्षेत्र कुन हो ?

- अन्नपूर्ण संरक्षण क्षेत्र
- मनास्लु संरक्षण क्षेत्र
- अपि नाम्पा संरक्षण क्षेत्र
- कन्चनजंगा संरक्षण क्षेत्र

प्रश्न : ५

नेपालमा आयोजित एकमात्र अन्तराष्ट्रिय खेल प्रतियोगिता कुन हो ?

- गोल्फ
- हक्की
- एलेफेन्ट पोलो
- बास्केटबल

यात्रा संगै रमाइलो

यात्रा तथ्यहरू

- विश्वको ६०% ताल क्यानाडामा अवस्थित छ ।
- चीनमा १ करोड भन्दा बढी मानिस गुफाहरूमा बस्छन् ।
- आइसल्याण्डमा, तपाईं दुई टेक्टोनिक प्लेटहरू पृथ्वीको सतह माथि भेट्टाउन सक्नुहुन्छ ।
- दक्षिण अफ्रीका संसारमा सबैभन्दा लामो निरन्तर वाइन मार्गको घर हो ।

नेपाली JOKES



बूढा र बूढीको भगडा

श्रीमान् र श्रीमतीको भगडा भयो

श्रीमान् घर छोडेर गयो

श्रीमान् (श्रीमती सँग फोनमा)

आज खानामा के के पकाकी छौं?

श्रीमती: बिष

श्रीमान्: ठीक छ तिमी खायर सुत म आज घर अबेला आऊँछु ।

थर्मस

शेरे: साहूजी त्यो के हो ?

साहूजि: त्यो थर्मस हो । यसमा तातो चिज राखे तातै रहन्छ, चिसो चिज राखे चिसै रहन्छ ।

शेरे: त्यसो भए एउटा दिनु न त ।

घरमा बूढी सँग

बूढी: यो के हो ?

शेरे: यो थर्मस हो । यसमा तातो चिज राखे तातै रहन्छ, चिसो चिज राखे चिसै रहन्छ ।

बूढी: यसमा के ल्याउनु भएको छ ?

शेरे: दुई कप चिया र एउटा कोकाकोला ।

एकदिन हर्के घर ढिला पुग्यो

उसको बाबुले किन ढिला आइस भनेर सोध्दा हर्केले साथीको घरमा थिए भन्यो ।

उसको बाबुले हर्केकै अगाडी उसको १० जना साथीलाई फोन गर्यो ।

पहिलो ४ जना : Uncle यही छ म संगै

अर्को २ जना: Uncle, भर्खर निस्कियो आउदै होला

अर्को ३ जना: यही छ Uncle पढीराखेको छ फोन दिउ ?

Last को १ जना: भन्नुस Daddy बोल्दै छु

HIMALAYA AIRLINES CELEBRATED THREE SUCCESSFUL YEARS OF DOHA OPERATIONS



On May 31, 2019, Himalaya Airlines celebrated 3rd Anniversary of Doha Operations. Himalaya Airlines started its first ever scheduled flight to Doha, with a strong recognition of the sizable population of Nepalese residing and working in Qatar. Doha thus, was the first scheduled flight of Himalaya Airlines which initially started as thrice-weekly service. Within three years of operation, now in 2019, Himalaya Airlines has increased its flights to 7 days a week giving increasing convenience and easy connectivity to its valued passengers.

In three consecutive years, H9 with its Airbus A320-214 narrow body aircraft, configured with 8 seats in Premium Economy Class and 150 in Economy Class has served 314,492 passengers operating total 1,156 flights on Doha Sector.

The occasion was further celebrated by conducting a lucky draw for H9 passengers flying to and from Doha, at the check-in counters for the anniversary flights, at Hamad International Airport (HIA) as well as Tribhuvan International Airport (TIA). The celebration was also extended to the passengers onboard of KTM-DOH & DOH-KTM flights, by distributing specially made brownies.



Commenting on the celebratory occasion, Himalaya Airlines' Vice President – Administration, Vijay Shrestha said, *“We thank all our passengers, patrons and stakeholders for their tremendous support in our each step of flying higher. Also we would like to wish all the participants good luck for the lucky draw & photo contest. Doha has been our most promising route since the beginning & three successful years of operations have made it a well-established one & most popular among our valued passengers.”*

The airline continues its ties with Cleopatra Travels as its General Sales Agents (GSA) for the State of Qatar, who is responsible for the airline's sales and marketing, market development, reservations and ticketing services representing the airline in Qatar. The airline has been serving the market with very competitive pricing and ensures high comfort and safety to its passengers.

“FLY-CLICK-SHARE WITH H9”

Acknowledging the passengers’ strong support especially for Doha Sector, specially designed photo opportunity cut outs were also made available onboard which were used with much enthusiasm by most passengers for the selfie – clicks.

To celebrate this occasion, the Himalaya had announced a Social Media Photo Contest “FLY-CLICK-SHARE WITH H9” that ran across Facebook for passengers of anniversary flights. The participants were encouraged to send their photos and share the same to gain maximum likes for a chance to win attractive H9 gift hamper. The promotion contest held with an aim to entertain our loyal audience was valid till June 17, 2019.



Capt. Riwaj Pradhan moves to the left seat !!

Himalaya Airlines (H9) proudly presents Captain Riwaj Pradhan as the first in-house First Officer turned “Captain” of H9, upon meeting all the standards and the successful completion of H9’s eight rigorous final route check operating a flight to Doha and back on May 3, 2019. He is the first Nepalese Captain to receive CAAN license upgrade endorsement from First Officer (FO) to Pilot in Command (PIC) for A320 aircraft family on 19 June 2018. The captain joined Himalaya Airlines on March 26, 2015 as a trainee First Officer for A320 and has over 15 years of flying experience under his stripes.



During a specially organized “Pipping Ceremony” on May 03, 2019, H9 family joined together to imprint this great achievement of Capt. Pradhan. Amidst the presence of Top Management and Senior Officials, VP – Operations, Capt. Hao Di placed the new epaulettes in his shoulders, upgrading his three stripes of a First Officer to four stripes to that of a Captain.

Capt. Pradhan shares, *“Modesty, Patience and Appreciation towards the duty is the key! I am glad for this experience, thanks to all my team and mentors. It was a great experience”*

He is an inspiration to all the FOs of H9.

Cheers to one additional stripe on his shoulder!!



Himalaya Airlines fortifies CSR ties with Prayas Nepal

Himalaya Airlines, under its CSR portfolio, has pledged to continually bring better and more impactful contributions for a better society for the new generation. Himalaya Airlines, thus has been making persistent efforts for children's development and encouragement since its establishment. This is the third consecutive year of Himalaya Airlines' support to Prayas Nepal with a strong commitment for one step further in each of the coming years.

Prayas Nepal, is currently a home to 32 aspiring children including 2 special need children as well. Over the past few years, these children have stood out with their exceptional academic as well as extracurricular activities like dance, sports etc. This organization is running a children's home for orphan, abandoned and physically challenged children from different parts of Nepal since its establishment in 2003.

On the occasion of Nepalese New Year 2076, Himalaya Airlines, an international air carrier of Nepal fortified its Corporate Social Responsibility (CSR) initiative of contributing for the betterment of the society. On April 20, 2019, Himalaya Airlines yet again strengthened its CSR ties with Prayas Nepal, with continued support of year-long educational and snacks supplies, for the new educational year 2076.

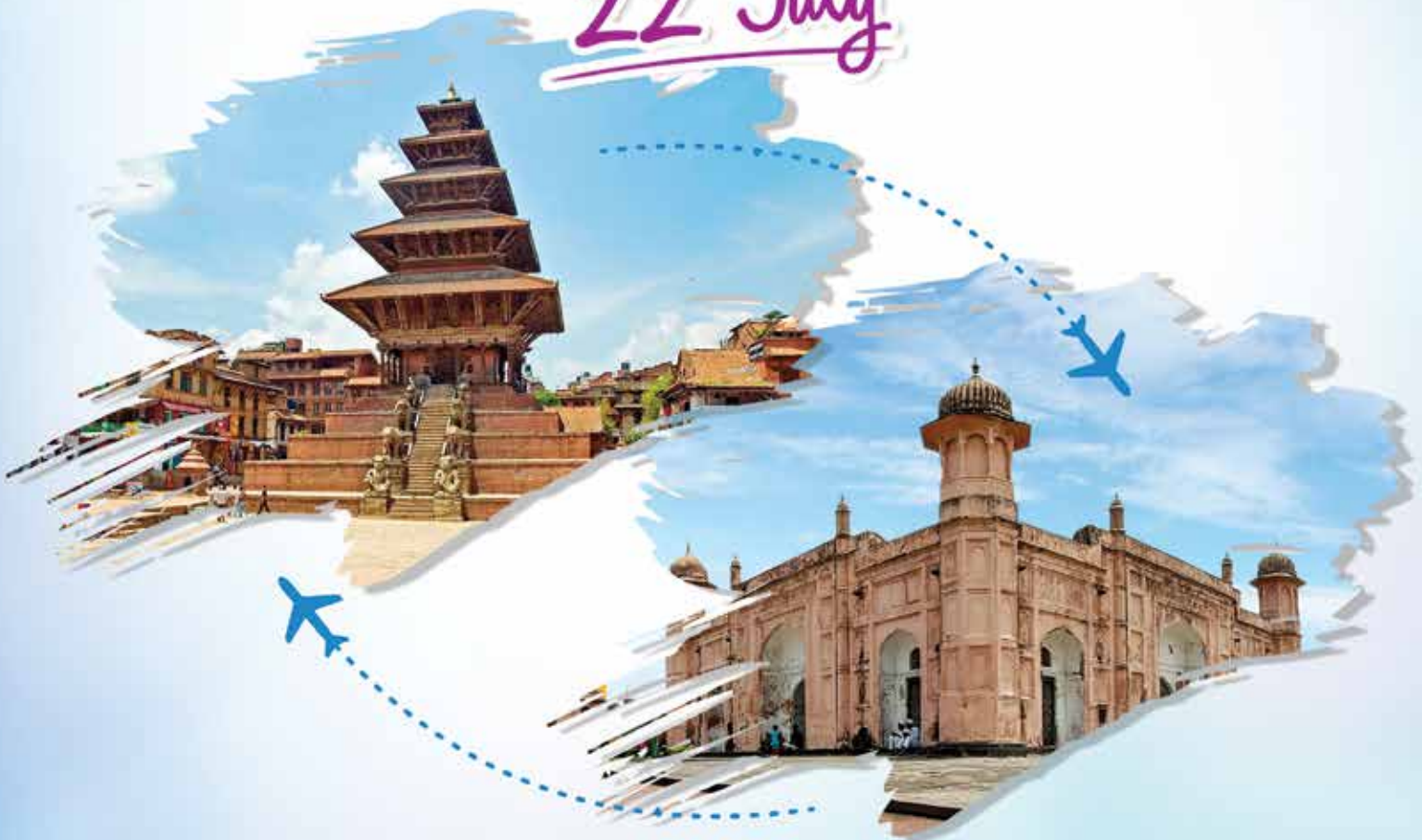
Step Towards Education



Mr. Sun Cheng, Deputy General Manager - Commercial, Mrs. Ujjwala Dali, Head of Department - Brand and Service Improvement and other officials of Himalaya Airlines were warmly welcomed with the fun filled performances by the students at their premises in Baluwatar. During the program, Mrs. Dali commented, "Being socially responsible has always been the top most priority of Himalaya Airlines. Through our CSR initiatives, we would like to harness our unique position and strengths as an airline to implement the activities that support our cause of upliftment and encouragement for better education for children. Guided by our basic CSR policy, our initiatives are designed to nurture the theme of 'bright future for next generation'. As we value education the most; with this small effort Himalaya envisages to make a positive impact in the lives of these children and shape a bright future for them."

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H9 Destination Operating Soon Future Destination

H9 SUMMER 19 SCHEDULE

EFFECTIVE 01 JULY TO 30 SEP 2019

FLT.NO	SECTOR	EFFECTIVE DATE		FREQUENCY	DEP. AIRPORT	DEP.	ARR. AIRPORT	ARR.	AIRCRAFT CODE
		FROM	TO						
H9 563	KTM/DOH	01-JUL-19	30-SEP-19	1, 2, 3, 4, 5, 6	KTM	22:25	DOH	00:30+1	A320
H9 564	DOH/KTM	01-JUL-19	30-SEP-19	2, 3, 4, 5, 6, 7	DOH	01:30	KTM	09:00	A320

FLT.NO	SECTOR	EFFECTIVE DATE		FREQUENCY	DEP. AIRPORT	DEP.	ARR. AIRPORT	ARR.	AIRCRAFT CODE
		FROM	TO						
H9 559	KTM/DMM	01-JUL-19	30-SEP-19	1, 3, 5, 6, 7	KTM	22:05	DMM	00:30+1	A320
H9 560	DMM/KTM	01-JUL-19	30-SEP-19	1, 2, 4, 6, 7	DMM	01:30	KTM	08:55	A320

FLT.NO	SECTOR	EFFECTIVE DATE		FREQUENCY	DEP. AIRPORT	DEP.	ARR. AIRPORT	ARR.	AIRCRAFT CODE
		FROM	TO						
H9 678	KTM/DAC	01-JUL-19	30-SEP-19	1, 3, 6,	KTM	11:10	DAC	13:10	A320
H9 679	DAC/KTM	01-JUL-19	30-SEP-19	1, 3, 6	DAC	14:10	KTM	15:20	A320

FLT.NO	SECTOR	EFFECTIVE DATE		FREQUENCY	DEP. AIRPORT	DEP.	ARR. AIRPORT	ARR.	AIRCRAFT CODE
		FROM	TO						
H9 567	KTM/AUH	01-JUL-19	30-SEP-19	2, 4, 7	KTM	20:45	AUH	23:45	A320
H9 568	AUH/KTM	01-JUL-19	30-SEP-19	1, 3, 5	AUH	01:45	KTM	08:00	A320

Note 1 : All timings are Local

Days: 1- Mon, 2-Tue, 3-Wed, 4-Thu, 5-Fri, 6-Sat, 7-Sun

EMERGENCY CONTACTS FOR H9 DESTINATIONS

QATAR DOHA

Police: 999
Ambulance: 999
Fire: 999
Airport Taxi: +97-4458-8888
Customs: +97-4444-57457
Tourist Information
Headquarter:
+97-4401-06666
Hospital: +97-4401-09222
Embassy of Nepal:
+97-444-675681
+97-4446-75680
Tourist Police Hotline:
+97-4401-09666

NEPAL KATHMANDU

Police: 100
Ambulance: +977-1-4228094
Fire: 101
Customs: +977-1-4470382
Tourist Information
Headquarter: +977-1-4247041
Tourist Police Hotline: 1144

BANGLADESH DHAKA

Police: +88 01713373162
Ambulance: +88 01711980998
Fire: +88 028901077
Airport Taxi: +88 01770412122
Customs: +88 0289014924
Tourist Information
Headquarter:
+88 01988224433 / 55
Hospital: +88 01988224433 /
028901844
Embassy of Nepal:
+88 029892490 / 2568
Tourist Police Hotline:
+88 01769690740 /
028399230

UAE DUBAI

Police: 999
Ambulance: 999
Fire: 997
Airport Taxi:
800-9090
Customs: 800-80080
Tourist Information
Headquarter:
600-555559
Hospital: +971-4219-5000
Embassy of Nepal:
+971-2634-4767
Tourist Police Hotline:
800-4888

UAE ABU DHABI

Police: 999
Ambulance: 999
Fire: 997
Airport Taxi:
600-535353
Customs:
800-555
Tourist Information
Headquarter:
800-555
Hospital: 800 555666
Embassy of Nepal:
+971-2634-4385
Tourist Police Hotline:
800-3333

SAUDI ARABIA DAMMAM

Police: 999
Ambulance: 997
Fire: 998
Airport Taxi: 92-001-0068
Customs: 13-883-7111
Tourist Information
Headquarter: 19988
Hospital: 911
Embassy of Nepal:
+966-11-4611108
+966-11-4645170
Tourist Police Hotline: 112

SAFETY AND SERVICE INFORMATION



CABIN LUGGAGE

Passenger/s may carry one item of cabin luggage to place in a closed overhead bin. Cabin luggage shouldn't exceed 7kgs. The overall dimension of such baggage should not exceed 55 x 35 x 25 cm or 21.7 x 13.8 x 9.9 inches. Cabin luggage exceeding the 7kgs weight limit is required to be checked in before boarding.



LIFE VEST

Passenger/s are not allowed to remove the life vest from the aircraft. It is best the passenger/s know the location of them incase of an emergency. Please do know the proper method of inflating the vest.



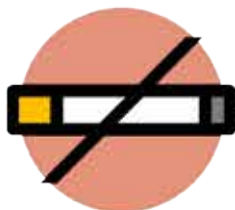
ENTERTAINMENT

Movies and music are available on all flights. Currently we are streaming popular shows such as Dhurmus ko Love Story, Mundre Sanga Traffic and Just for Laugh Gags. Movies available in our flight entertainment are Ice Age: Collision Course and Wada Number 6.



FOOD AND BEVERAGE

We provide vegetarian and non-vegetarian meals. Alcoholic drinks will not be served to the passenger. Consumption of personal alcoholic drink is prohibited. Flight crew reserves the right to either deboard or take necessary actions against the passenger/s who appear intoxicated while boarding or self-consume alcohol during the flight.



NO SMOKING POLICY

Smoking including the use of Electronic Cigarette is prohibited on all flights. Flight crew reserves the right to take necessary actions if passenger/s are found smoking during the flight.



ZERO TOLERANCE OF ABUSE

We value courteousness. Any form of threat, verbal abuse or violence towards our staff will be taken seriously. Action will be taken as per the prevailing authorities. We are committed to support anyone who has been the victim of an assault.



SPECIAL ASSISTANCE

In order to better serve you, we request that you contact and advise us of your specific needs (listed below) at the time of booking and at least 24 hours prior to your flight.



UNACCOMPANIED MINORS

It can be quite daunting for a child traveling alone, both to the child and the loved ones. We take all the extra measures to take special care of your child right through till your child is reunited with loved ones. You just have to pre-inform us if your 5-12 years child is travelling alone.



MEDICAL AND SPECIAL NEEDS

Attendants and medical attention shall be given to people with special needs such as passengers with Reduced Mobility, Sensory Impairments or any other physical challenges.



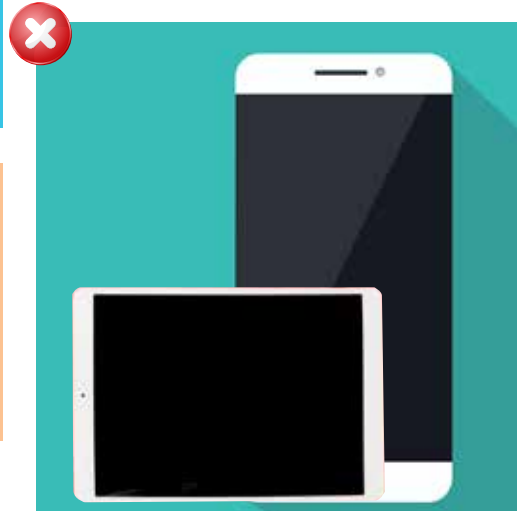
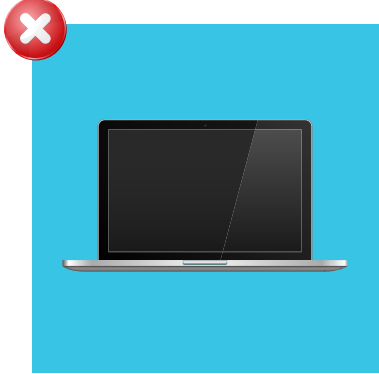
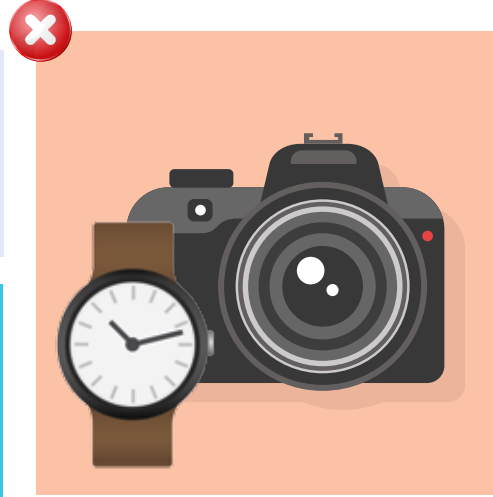
PREGNANT PASSENGER

Expectant mothers are normally not regarded as incapacitated. However certain restrictions apply: No medical certificate or letter is required up to the end of 28th week. When the pregnancy has entered the 29th week, a medical certificate or letter issued by a doctor should be held.

ATTENTION

For safety reasons and in line with the Department of Civil Aviation Authority of Nepal guidelines, passengers are not allowed to carry any laptops, drone batteries, mobiles, lighters, matchboxes, cameras, watches, Ipad/tablets, power banks, radio transmitters, walkie-talkies, electronic toys, extra batteries including **lithium ion batteries** and any devices with cellular network service for portable electronic devices in **CHECKED-IN BAGGAGE**.

यात्रुहरूलाई कुनैपनि ल्यापटप, ड्रोन ब्याट्री, मोबाइल, लाइटर, सलाई, क्यामेरा, घडी, आइ प्याड/ट्याबलेट, पावर बैंक, रेडियो ट्रान्समिटर, वाकी-टकी, इलेक्ट्रोनिक खेलौना, अतिरिक्त ब्याट्रीहरू (**Lithium ion batteries**) अथवा अन्य विद्युतिय उपकरणहरू **चेक ईन बेगेजमा** लैजान निषेध छ ।



DO NOT
put them in your
CHECKED-IN BAGGAGE

यी सामानहरू आफ्नो
चेक ईन बेगेजमा नराख्नु होला ।

Put them with you
in your
CARRY ON BAGGAGE

यी सामानहरू आफ्नो
हाते भोलामा राख्नु होला ।



1. Portable Electronic Devices (PEDs) containing Lithium ion batteries over 100 WH and Lithium metal batteries containing more than 2 grams are forbidden to carry.

१. पोर्टेबल इलेक्ट्रोनिक उपकरण (पीईडी) मा भएको लिथियम ब्याट्रीहरू यदि १०० वाट घण्टा (Lithium ion) अथवा २ ग्राम (Lithium metal) भन्दा माथि भएमा कुनै पनि ब्यागेजमा लैजान निषेध गरिएको छ ।

2. Maximum of 20 spare Lithium ion batteries each not exceeding 100 WH and Lithium metal batteries each not exceeding 2 grams may be carried by a passenger in carry-on baggage only.

२. एक व्यक्तिले अधिकतममा २० वटा अतिरिक्त ब्याट्रीहरू हाते भोलामा लैजान पाउने छ, तर हरेक ब्याट्री १०० वाट घण्टा (Lithium ion) अथवा २ ग्राम (Lithium metal) भन्दा कम हुनु पर्दछ ।



VISIT PROVINCE TWO

RELIGIOUS, CULTURAL AND BUSINESS HUB OF NEPAL

Nepal's Province Two is the only province with all its districts located in the southern plains of the country known as the Terai. The geographical belt of this province is considered to be the northern part of ancient Mithila culture of the India Sub Continent. The eight districts that make up the province are largely flat and very fertile with many rivers that flow through its landscape depositing rich silt necessary for agriculture productivity. In addition to Nepali, Maithali is predominantly the language widely used by people in this region who are largely Hindus.

DESTINATIONS IN PROVINCE TWO

JANAKPURDHAM: This ancient city was considered to be the capital of the Videha Dynasty that ruled Mithila region in the 18th century. Its references and the birthplace of Sita (Janaki) are mentioned in the Hindu Epic Ramayana. This place is therefore an important center for its prolific Mithila history and culture.

Another important town here is Dhanushadham where Lord Ram is said to have won a challenge only after which he was given permission to marry Sita.

ATTRACTION IN JANAKPUR

JANAKI TEMPLE: Located at the heart of the city is the impressive and dominant Janaki temple which was built around 1898 by Queen Brisabhanu. The temple which is the main attraction in the city is also known as the Nau Lakha Mandir (nine hundred thousand rupees) which in literal terms translates to the cost of building the temple. The temple rests at the site where a holy saint is said to have found a golden idol of Sita, believing this is where she was born. Adjacent to the Janaki temple is the Ram-Sita Bivaha Mandir, where Lord Ram and Sita are said to have been married.

MITHILA PAINTING: This form of painting has a history that dates back to the time of the epic Ramayan and continues to be practiced even today

in Nepal and India. Also known as Mithila art, its origin in Mithila cultures is said to have started with the capture of the wedding ceremony of Lord Ram and Sita. This art form is usually practiced by women who decorate walls and floors of homes during festivals and auspicious ceremonies. The paintings reflect natural elements, abstract geometric patterns and village life using natural dyes. Paints symbolize prosperity, heroism, love, devotion and fertility.

SACRED PONDS: Known as a town for its ponds (Kundas), there are more than 200 sacred ponds revered by pilgrims for holy rituals and cleansing. The more famous ones are Dhanush Sagar and Ganga Sagar which are in close proximity to Janakpur.

EVENTS OBSERVED: Chhath an ancient Hindu Vedic festival observed on Kartik Shukla Shashthi and dedicated to the Sun God (October or November) is celebrated



in a carnival like atmosphere.

Likewise Bivaha Panchami marking the wedding of Lord Ram and Sita is also marked with religious fanfare, and Holi the festival of colors marks the advent of spring.

ACCESS: There are many airlines that operate direct flights from Kathmandu to Janakpur. Long distance buses - both night and day services - operate to the city from major hubs in the country.

PARSA WILDLIFE RESERVE:

Spread over Parsa, Makhwanpur and Chitwan Districts this reserve is home to some endangered animals. Located adjacent to the Chitwan National Park, Parsa Wildlife Reserve has recently been opened to the public. The reserve is a national wildlife park in its own right with attractions to see tigers, leopards, rhinoceros, wild elephants, sambar, chital, hog and barking deer as well as Langur monkeys and striped hyenas. There are about 300 species of birds found in the reserve.

ACCESS: Located between Nepal's two industrial and business centers Hetauda and Birgunj, it is accessible from any place in the country. The closest airport are Bharatpur Airport in Chitwan and Simara Airport in Birgunj.

SALHESH BOTANICAL GARDEN

(PHULBARI): The botanical garden has a legend, intertwined with faith and commitment of Salhesh, the

hero of the once untouchable caste in the Mithila Region of Nepal. As a cult hero, this place represents his legacy and commitment as a change agent for the downtrodden. The botanical garden is very unique with a single garland shape orchid flowering from the branches of two tree. The blooming of the orchid is distinctive in that it only flowers once a year and that too on 1st Baisakh.

ACCESS: Public transport is available to the destination which is 3 KM west from Lahan town in Siraha district.

GADHI MAI: This pilgrimage site is one amongst the many seats of power (Shakti Peeth) dedicated Hindu Goddess. The temple in Mahagadimai Municipality in Bara district is famous for holding a religious fair (mela) once every five years with large numbers of animals being sacrificed. The month long mela starts on Magh Sukla Saptami (December January).

ACCESS: The closest airport is Janakpur and there are public transport, to the area from all major towns and cities.

JALESWOR MAHADEV:

Devoted to Lord Shiva, Jaleswor Mahadev is a revered religious site for Hindus. The town of Jaleswor is synonymous with the Mahadev temple where Lord Shiva's 20 ft, linga is always submerged in water. There are two large ponds Barunsar

and Kshiresar one on each side of the temple which feed water into the temple. Large numbers of pilgrims visit the temple in the month of Shrawan (July-August) that is especially devoted to Lord Shiva and Goddess Parvati.

ACCESS: Jaleswor is 15 km south of Janakpur and the town center is connected to the Mahendra Highway.

SIMRAUNGADH:

Simraungadh in Saptari district was once a fortified city and an ancient capital of Mithila from 11th to the early 14th century. This historical background makes it a cultural, archeological and historical site of interest and importance. A key attraction in Simraungadh is the Kankalini Temple (Shakti Peeth) which is a seat of power for Hindu Goddess.

ACCESS: Situated 19 km east of Saptari's headquarter Rajbiraj, 90 km south of Kathmandu, and 28 km east of Birgunj, it is well connected through road networks and transport services.

SAKHADA BHAGWATI:

Chhinmasta or Sakhada Bhagwati is considered a powerful deity. The temple is dedicated to one Goddess Durga. Sakhada Bhagwati is also worshipped by followers of Tantrism in pursuit of divine powers.

ACCESS: Located in Saptari District near the capital city of Rajbiraj. One can ride or hire a vehicle to arrange as per your convenience.

EATING DIFFERENTLY AT 30,000 FEET!

If you've ever been on a plane and had a meal or two, you may have noticed the flavours of food aren't so enticing, but rather bland. You may have felt the difference in taste and it turns out there are scientific reasons as to why it is so. Thomas Keller, an American chef once said, "A recipe has no soul. You, as the cook, must bring soul to the recipe." However bringing soul to some food while in an airplane may be impossible, as you leave your normal sense of taste on the ground when you take off into the sky.

The reason for food to taste unappetizing isn't necessarily the airline's fault since there are many factors which cause the food to taste different on a plane. One of the major reasons for the difference in taste is the atmosphere of the airplane cabin which results in affecting your sense of smell. About 80% of taste is in fact smell but due to the arid cabin air, the failure of our odour receptors to work properly results in the food tasting bland.

The air inside the cabin is closely regulated in order to maintain the pressure which eventually changes the composition of air we breathe making it extremely dry. Likewise, at about 30,000 feet the humidity becomes less than 12% which is drier than most deserts. Thus the combination of dryness and low pressure causes the powers of your taste and smell to deteriorate, as well as reduces your sensitivity of taste buds to sweet and salty foods by 30%. Although our sweet and salty senses are affected, there is no sign of change in sour, bitter, and spicy flavours.



INFLIGHT EXERCISE

Long haul flights can be quite tiresome, despite the level of comfort that is assured to the passengers. Nobody likes to remain seated in one spot for a long duration of time. Thus, we recommend you to practice these simple inflight exercises such as Neck Roll, Wrist Rotation, Ankle Circles, Arm Stretches, and Shoulder Rolls.

These exercises will help relieve some of the discomfort and keep you fresh and healthy throughout the flight.

Another factor affecting the taste of food is the noise level. During air travel the noise level is especially high due to the vibrations from the air striking the hull as well as the roaring of the engines and winds. All these collectively produce noise which can be equivalent to 85 decibels which may ultimately hinder our ability to appreciate sweet flavours.

Additionally, the method of production is another reason which can be taken into account for airline food to taste different. The food safety standards must be acknowledged, hence all meals should be cooked on the ground. Then the food is packed, blast chilled, refrigerated, and needs to endure reheating in the air. Consequently there is bound to be change in taste and flavour of food as there is difference in

the food preparation and preservation process for later eating.

Taking all these aspects into consideration, it doesn't come off as a big surprise that the food which made your tongue tingle on the ground tastes dull in the air. If you prefer to spice up your food, keep in mind that flavours such as cinnamon, cardamom, ginger, tomato, soy, parmesan are known to be flavour enhancers. If you're still not a fan of aeroplane food make sure to treat yourself to a meal before or after taking off.



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