

Danfe

ISSUE 08
JAN-MAR 2020

THE GREAT NIGHT OF SHIVA | घर छोड़ने दिन | BEIJING IN ARCHITECTURE

Winter Pack
4N & 5D

Adventurous Dubai



Outline Itinerary

- 04 Nights Accommodation at mention hotel Dubai
- SKY DIVING - PALM DROP ZONE
- Buffet Breakfast @ the Hotel
- Dubai Airport Pickup
- Dubai city tour with Transfers
- Desert safari with BBQ Dinner (4x4 Land Cruiser)
- Dhow cruise dinner with Transfers
- Burj Khalifa On the Top with Transfers
- Dubai Airport Drop
- Hotel Taxes. (10% municipality fees, 10% service charge, 05% VAT)
- 5 star: Crown Plaza Deira or Similar Hotels

935 USD
(5 STAR)



Winter Pack
3N & 4D

Floating Dubai



Outline Itinerary

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- Buffet Breakfast @ the Hotel
- Dubai Airport Pickup
- Dubai city tour with Transfers
- Desert safari with BBQ Dinner (4x4 Land Cruiser)
- Marina cruise dinner with Transfers
- Dubai Airport Drop
- Hotel Taxes. (10% municipality fees, 10% service charge, 05% VAT)
- 4 Star+: Queen Elizabeth 2 -A floating hotel

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WINTER PACK

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- Dhow cruise dinner with Transfers
- Dubai Airport Drop
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- 4 Star: Versailles by Raviz Deira or Orchid Vue & Similar Hotels



Luxurious Dubai

Outline Itinerary

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- Marina cruise dinner with Transfers
- Burj Khalifa On the Top with Transfers
- Dubai Airport Drop
- Hotel Taxes. (10% municipality fees, 10% service charge, 05% VAT)
- 5 star: Crown Plaza Deira or Similar Hotels

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PRESIDENT'S LETTER



Dear Guest,

Welcome aboard Himalaya Airlines!

**"Progress lies not in enhancing what is, but in advancing towards what will be.",
Khalil Gibran**

2019 has been a year of advancements for H9 ! As the new year draws on, we welcome 2020 with new hope & new aspirations for Himalaya Airlines!

With the major shift in the business strategy, we have unfolded new chapter for H9 with the unveiling of our new Corporate Logo. With this new logo we believe in bringing in meaningful improvements in the organization to reach new heights & strive to be leading airline in South Asia.

2019 has been a year of achievement as we successfully spread our wings to 6 new

destinations: Abu Dhabi, Dhaka, Beijing, Guiyang, Changsha & Shenzhen aiming to attract the potential outbound tourists from these cities to Nepal. We have resumed operating to one of our major destination : Kuala Lumpur, Malaysia and our network now includes destinations in 6 different countries: UAE, Bangladesh, Kingdom of Saudi Arabia, Qatar, Malaysia & China.

H9 has enjoyed steady growth on all fronts with the goodwill of all our stakeholders & loyal customers. On behalf of the entire H9 Family, I would like to thank all well-wishers for their continued support. 2019 has been a milestone year for us and we promise to continue working hard for a better future & better service to our passengers.

Our priority is and will always be our customers and making sure your journey with us is the most convenient and safe. We plan to bring in 3 new A 319 – 115 by the end of this year and with this fleet expansion we shall introduce new routes like Chongqing & Shanghai in the first half of the year and Nanchang & Nanning in the later half.

With the national campaign of Visit Nepal Year 2020, Nepal is all set to welcome people from all around the world. Our first issue of the year outlines the lifetime experiences Nepal has to offer; from the Pursuit of Danfe to the Night of Shiva, from winter food to Newari Jewelry. The issue also explores the architecture in Beijing and enlightens about the mandatory etiquettes travellers should follow while in Qatar.

Wishing you a pleasant flight today and always!

Zhou Enyong
President



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TRAVEL INBOUND IN PURSUIT OF THE DANFE

Limited to fables and myths, for most Nepalis, it is not everyday fate that one gets a chance to see the majestic bird, that is Danfe. With its vivid colours, elegance, and gentle nature, the Danfe quintessentially represents Nepal—a country filled with the vividness of cultural and geographical diversity and known for its friendly people. So where can one find this majestic bird?



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COVER STORY THE GREAT NIGHT OF SHIVA

When people hear the word "Shivaratri", it isn't uncommon for them to instantly project images of people singing and dancing, Sadhus smoking marijuana pipes, and long lines of devotees standing outside bustling temples all throughout the day and night.



Photographed By : Suraj Patrabansha
Cover Caption: As one witnesses the divine arati at the iconic Pashupatinath Temple, One can't help but be filled with notes of excitement, sentiment, devotion and be at the most important Hindu Temple of the world.

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FOOD INBOUND SECRETS OF THE MAGHE SANKRATI FEAST

While Makar Sankranti may just have the mere significance of the sun moving to the Tropic of Capricorn, but for the Nepalis, it is a joyous day celebrated with appetizing fares, with each delicacy having a special reason for being consumed at this time of the year.

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LIFESTYLE FASHION YAK WOOL: WARM AND WORTH IT

The cold season is upon us. As with every winter, we're up for experimentation. This time we bring you information on yak wool, its production, durability and advantages. Hopefully, their reign on the market would be as majestic as the creature themselves.

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TRAVEL OUTBOUND BEIJING IN ARCHITECTURE

Beijing's architecture is a harmonious composite between the old and new. The city has managed to embrace the modern styles of architecture all the while managing to preserve its traditional and cultural heritage.

56

REFRESHMENT HOROSCOPE & ZEAL

It isn't just astral stones that can be associated with Zodiacs, but their zeal as well. One's zodiac attributes makes him/her fit for a certain zeal, which one can excel in professionally, academically and professionally

48

कथा मधेसतिरि

सुनकोशी र तामाकोशीको सङ्गमा विहान भयो । सुनकोशी उत्तरबाट प्रशस्त वेगसँग बगेर आउँथ्यो, पूर्वतिरबाट तामाकोशी धागेजस्तो पातलो धारा लिएर आउँथ्यो र सुनकोशीमा मिसिनथ्यो ।

48

खेल समाचार तेह्रौँ सागः सान घान्ने चुनौती

नेपालले जितेका कुल ५१ स्वर्ण पदकमध्ये तेक्वान्दोबाट १२, करातेबाट १०, उसुवाट ५, पौडी र साइक्लिङबाट ४/४, एथलेटिक्स र बक्सिङबाट ३/३, जुडो, भारोत्तोलन, गल्फ र ट्रायथलनमा २/२ तथा पुरुष फुटबल र कुस्तीमा १/१ पदक हासिल गरेको थियो ।

MY *Signature.* BLEND



Caroline Martin



Drink responsibly

FESTIVAL CALENDAR



JAN 15 MAGHE SANKRANTI

For Tharus, this day marks the beginning of the new year. And for the rest of us, Maghe Sankranti means the end of winter. Usually set in the Magh of the Bikram Sambat Calendar, this day is especially popular for its food like sesame laddoos, ghee, sweet potato and chaku. As it follows the solar cycle and celebrates the presence of sun, you can see the worshippers bathe in the holy riversides.



FEB 21 MAHA SHIVARATRI

One of the oldest and most significant days among Nepalese, Maha Shivaratri is an annual festival marking the time Lord Shiva consummated his third eye. Pashupati area is especially crowded during the day as pilgrimages from around the world come to worship the Lord. In the evening, huge bonfires are lit as the main theme of the festival is to defeat darkness.



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 Mural, '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.

FEB 24

GYALPO LHOSAR

Mostly celebrated by Sherpa, Tamang, Bhutia and Yolmo communities, Gyalpo Lhosar marks the end of the Tibetan year and the beginning of a new one. Some communities celebrate this occasion for almost two weeks. From performing cleaning activities to ceremonial dances showing light defeating the dark, Gyalpo Lhosar is full of delicious food, chyang (Tibetan beer), monastrial visits and firecrackers to drive away evil spirits. Stupas around the cities are decorated with lights to make this festival joyous.

MAR 9

HOLI

A celebration of freedom with colors, paint, water and the arrival of spring, Holi is one of the most enjoyable and inclusive festivals of Nepal. From young children to elderly, everyone can be seen holding water guns and balloons to douse each other with a burst of cold water.



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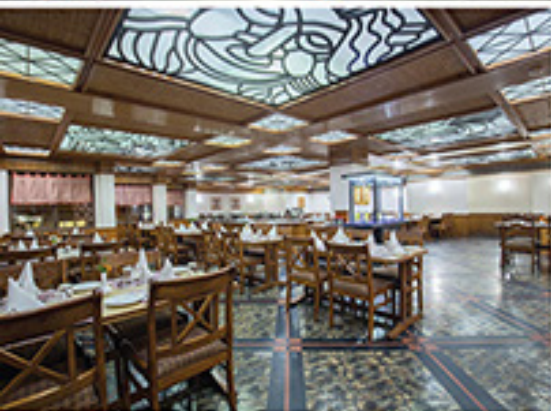
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SECRETS OF THE MAGHE SANKRANTI FEAST

While Makar Sankranti may just have the mere significance of the sun moving to the Tropic of Capricorn, but for the Nepalis, it is a joyous day celebrated with appetizing fares, with each delicacy having a special reason for being consumed at this time of the year.

TEXT BY ERIK KARKI

As the harsh winter winds heading to the Himalayas start to settle with the advent of the winter solstice, the Hindus of Nepal prepare for a major celebration. From cooking peculiar food items, hosting lavish feasts and bonfires to self-pampering oil massages, the winter solstice festival called Maghe Sankranti is celebrated with utmost grandeur. Maghe Sankranti is a day where Hindus commemorate the sun deity Surya by bathing in holy rivers and celebrating with families by

preparing various festive delicacies. Also known as Makar Sankranti or Maghi in Nepal, the festival falls on the winter day of Magh 1st, mid-Jan in the Gregorian calendar, also considered as the coldest day of the year. The winter solstice festival is also widely celebrated in Bangladesh,

China, India, Iran, and Sri-Lanka. On this day, the sun is at its lowest point at the Northern Hemisphere, as it moves to the Tropic of Capricorn (Makar) marking the beginning of the end of winter, and the arrival of spring.



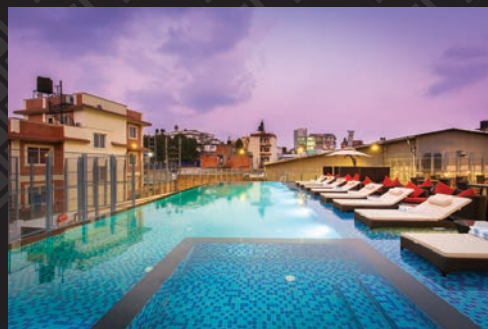
Photographed At Nanglo Bakery
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Back in the day, winters in Nepal were a lot colder, so the festival was celebrated with a range of winter delicacies that provide warmth to the body so that people could battle the remaining winter days and recover from the harsh winter winds of the month of Poush. Till date, these scrumptious fares are prepared wholeheartedly by Nepalis and are enjoyed with family and friends to celebrate the arrival of Spring. Along with being delicious, these foods have a range of health benefits. Here's a list of some of the popular food items and ingredients used and prepared in Maghe Sankranti:

GHIU (CLARIFIED BUTTER)

Ghiu or Ghee has always had an important place in Hindu culture as it is a part of just about every ritual. Rich in fat-soluble vitamins A, D, E and K, Ghee keeps your body warm, helps fight constipation and aids in the functioning of various body systems from the brain and associated organs to the immune system. Additionally, ghee aids in the body's absorption of fat-soluble vitamins and minerals from other foods.

SESAME (TEEL) SEEDS

The Maghe Sankranti feast is incomplete without having a taste of the 'Teel ko laddu', which is a round sweet made by mixing sesame seeds with molasses and natural sweetener. Teel has high oil content and multiple health benefits. Rich in oxidants, it helps in cell repair, and studies have also shown that sesame is good for the heart. With all the phenomenal qualities that Teel possesses no wonder that it is considered so sanctimonious.

JAGGERY

A much better alternative to sugar, Jaggery or gur is made from unrefined sugar and its making process involves boiling raw sugarcane juice till it hardens. Also obtained from the sap of coconut and date palm, jaggery prevents constipation by aiding the digestion process.



THE CALENDAR ANOMALY

As the day of the Maghe Sankranti is said to be the coldest and shortest day and the longest night of the year. This bears resemblance to what the Western world calls the Winter Solstice which is on the 21-22 of December. The sunsets on the most southern position and from the next day the daylight slowly begins to increase and the nights become shorter. But the anomaly is that the Maghe Sankranti falls in the mid of January and not in December. This is widely believed to have been due to the variation of calendars. In Hinduism, the lunar calendar is followed and the Maghe Sankranti is a solar event thus the variation in the two calendars lead to the Sankranti to be celebrated at a difference of 21 days and gradually in the future the difference is to increase.

CHAKU OR HARDENED BLACK MOLASSES

Another essential delicacy in the festival, Chakku is a great source of energy and works wonders for the body with its health benefits. Packed with minerals like iron, calcium, and potassium, chakku helps in blood circulation, promote bone health, stabilize blood sugar levels and tackle obesity. Being a rich source of iron it is effective in menstruating women who are at risk of iron deficiency due to blood loss. Molasses is obtained as a byproduct in the sugarcane refining process when the cane is mashed to juice.

ROOT VEGETABLES

Sakhar-Khand (sweet potatoes), Pidaalu (Taro Roots), and Tarul (Yam)

are an essential part of the Maghi celebration. These root vegetables are boiled and served.

Root vegetables are rich in dietary fibre, which help increase the good bacterial flora in our gut, stabilize blood glucose and blood fat levels and reduce the risk of diseases like Type-2 diabetes, cardiac disease and bowel cancer. Additionally, these vegetables are also a great source for minerals like potassium, manganese and copper and are packed with useful antioxidants. Not to mention, these vegetables are also a great source of heat for the body.

KHICHADI (SALTY PORRIDGE)

Khichadi is wholesome a dish made by the mixing of rice, lentils, beans and ghee cooking it under pressure. Ghee adds aroma to the dish, while rice, lentils and beans provide the calories being rich in carbohydrates, proteins and minerals. Proteins play a key role in tissue repair and muscle growth. The iron content helps facilitate blood circulation by transporting oxygen to the body tissues.

GREEN LEAF SPINACH

Growing up one must have surely heard about the marvels of eating spinach. From developing sharp eyesight to gaining Popeye's mighty muscle strength, all of it is linked to consuming lots of spinach. Rich in vitamins, iron, beta-carotene, chlorophyll, and antioxidants like zeaxanthin and lutein — all of this helps build eyesight. Vitamin K—the main content of Spinach—helps strengthen your bones, and Vitamin A helps ward off night blindness.



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TRAVEL INBOUND

IN PURSUIT OF THE DANFE

Colourful, beguiling, and one of a kind. The national bird is an epitome of Nepal herself.

TEXT BY SHRAVYA SINGH KARKI



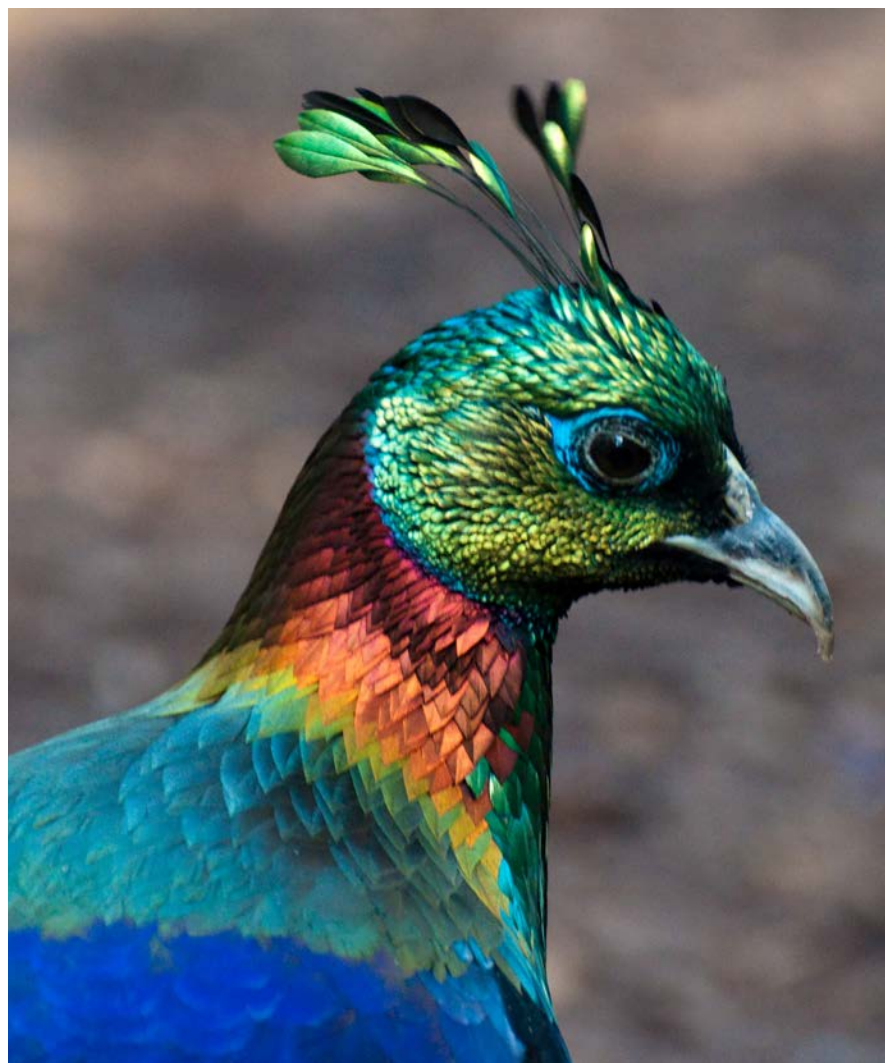
Painting by Mrs. Meena Dangol
From The Collection of Hira by Meena Dangol

Meena Dangol

“I was trekking along the trail to Everest Base Camp, climbing uphill to Tengboche from Namche Bazaar. It was around 10 am—I had reached Phungi Thyanga, a village at 3400 metres- I saw a single Danfe bird with vibrant feathers along the dry grassland, roaming around the area, probably looking for food. I had heard many stories from people who had trekked this route about their exciting encounters with the bird, so I considered myself lucky to have been able to witness such a rare bird. It had the grace and elegance for the ages; it was one of the most beautiful birds I had ever seen. Just as I was preparing my camera to take a picture, it flew away feeling a tad threatened by my presence. Though I wasn’t able to capture a picture of the bird, my encounter will be a memory that I will cherish forever.” An account by Dibesh Manandhar, an avid photographer and traveller.

Limited to fables and myths, for most Nepalis, it is not everyday fate that one gets a chance to see the majestic bird, that is Danfe. With its vivid colours, elegance, and gentle nature, the Danfe quintessentially represents Nepal—a country filled with the vividness of cultural and geographical diversity and known for its friendly people. So where can one find this majestic bird?

Known locally as the “danfe,” the Himalayan Monal (*Lophophorus impejanus*)—also known by other names like Impeyan Pheasant or Impeyan Monal—derives its scientific name from Lady Mary Impey, the wife of the British Chief Justice of Bengal, Sir Elijah Impey. The natural habitat of the Danfe is in the Himalayan region of Nepal, India and Tibet—mostly in the areas with shrubs and rhododendron trees. “In Nepal, these birds are usually found in 3500 metres above sea level but their habitat isn’t restricted to a particular altitude as per se and one might even catch sight of this bird



THE TREASURE OF SAGARMATHA

The villages in and around Sagarmatha National Park are blessed with the presence of these birds along the grasslands and forests. These pheasants are comparatively large in size, and the males have a multicoloured plumage with a long metallic green crest, copper-red on the sides and the back of the neck, and reddish-brown tail which is darker towards the end. The females have a more sombre tone of brown-black plumage with a white patch in the front of the neck and tail. The eyes which have a blue circular demarcation, and the legs which are pale yellow in colour, are common to both the males and females. Immature males in the first year of their life, closely resemble the females, but the markings are not clearly recognised. “The males are usually found alone while the females are found in flocks,” explains Chief Upadhyaya.

at altitudes as low as 2600 metres above sea level,” mentions Bhumi Raj Upadhyaya, the new Chief Conservation Officer at Sagarmatha National Park. He adds further, “Danfe is found in a greater number in Sagarmatha National Park, but it is also found in other national parks across the Himalayan range like the Makalu-Barun National Park, Rara National Park, and Khaptad National Park. In the winter months, these birds migrate to lower heights.”

The Danfe shouldn’t be limited to just fables and textbooks, a bird of such magnificence and national importance should be appreciated by its citizens. So be sure to make an effort to spot this bird on your trips to the pristine Himalayan national parks of Nepal.

COVER STORY



THE GREAT NIGHT OF SHIVA

A spiritual journey through folklore

TEXT BY BIPLAV SHRESTHA





Picture Courtesy: Wiki/Nabin K Sapkota

When people hear the word “Shivaratri”, it isn’t uncommon for them to instantly project images of people singing and dancing, Sadhus smoking marijuana pipes, and long lines of devotees standing outside bustling temples all throughout the day and night. For people of the Hindu faith, Shivaratri is one of the most popular festivals there is. The name of the festival, which literally translates to “The great night of Shiva” is celebrated by devotees in many different ways and with much enthusiasm all throughout the nation. Although primarily believed to be celebrated to honor the consummation of the marriage between Lord Shiva and his wife Parvati, the festival has many different origin stories and also has a deep-rooted link with concepts of eastern spirituality.

Hindus believe that the positioning of both the moon and the sun, in relation to the earth, has a profound effect on the human body and mind. In eastern cultures, it is believed that the very concept of festivals was created with the intention of advancing human experiences. Perhaps this is why these cultures tend to celebrate festive occasions prioritizing what is good for the body and soul. Hence, some forms of food are considered improper to consume during certain festivals and holy in others. In eastern culture, Hindus use the “Panchanga”, an almanac that keeps track of the celestial objects and mark astrological information like auspicious moment and dates for festivals. Maha Shivaratri is widely considered a highly significant occasion when it comes to spiritual enlightenment. Sadhguru, an Indian yogi, mystic, and author explains how during this day, the position of the sun and the moon are aligned with the northern hemisphere (where we are) in such a way that there is a high upsurge of cosmic energy. Although in a state of heightened level all throughout the day, it is believed that it reaches its highest frequency after the sun has set. This is why eastern philosophy suggests people to stay awake all throughout the night of Shivaratri, so as to not miss out on the experience.



Picture Courtesy: Amar Raj

IN SEARCH OF MOKSHA

One of the main reasons as to why Maha Shivaratri holds such spiritual significance to the devotees of Lord Shiva can be associated with the Hindu concept of Moksha (freedom from the cycle of death and rebirth). It is believed that the devotees who engage in sincere worship of Lord Shiva on this day, get cleansed of all their sins and finally attains Moksha. It is said that this message was conveyed by Lord Shiva himself when his wife, Parvati asked him as to which type of ritual performed by his devotees pleased him the most. Hence, it is widely believed that Maha Shivaratri helps devotees attain their spiritual freedom.

To do so, people build bonfires and organize small communal gatherings outside temples. One of the legends also says that it was during this occasion that Lord Shiva performed the Tandava (the dance of primal creation, preservation, and destruction). Hence, every year, performance artists also showcase their crafts in the form of musical and dance shows all throughout the night.

In Nepal, the festival takes place on the 13th night/14th day of the lunar month of February/ March which is considered a no moon night, referred to as “amavasya”. The day is marked a National Holiday, and while it is celebrated all throughout the nation, it is celebrated with the most gusto at Pashupatinath (a sacred Hindu temple that is located at the banks of the Bagmati River in Kathmandu and is considered as one of the 275 holy abodes of Shiva in the Asian continent). To understand why Pashupatinath holds such significance to not just devotees of Lord Shiva, but to Hindus all throughout the globe, it is important to understand that temples are not built at random. The construction sites are carefully chosen by spiritual leaders who deem these locations to align with the cosmic spiritual energy of the universe. Hence, every temple is said to have different levels of energy and serve different purposes. Pashupatinath is considered important because, during the night of Shivaratri, this location is considered to be the central point of the highest receptiveness of this spiritual energy. This is why Sadhus and devotees from all over the world travel such long distances to come to the temple.

The reason as to why people smoke marijuana and drink Bhang during Shivaratri cannot be pinned down to one certain cause. While some believe that devotees started doing so in order to enhance their spiritual experience, others link the trend



to Lord Shiva himself. One of the legends speaks of Lord Shiva saving the world by drinking a vile - lethal poison and storing it in his throat. This caused his throat to turn blue (Origin of the name “Neelkantha”). As a sign of gratitude by the gods, he was offered Bhang (an edible mixture made of leaves and flowers of the Marijuana plant) to cool himself down. Since Marijuana is considered to be a coolant that works by bringing the body’s metabolism down, which in turn, brings the body temperature down, Bhang and Marijuana are closely associated with Lord Shiva’s triumph and hence, with Maha Shivaratri.

Maha Shivaratri is also considered very significant in the Yogic circle. In the yogic tradition, Lord Shiva isn’t seen as a God, but rather as an “Adhi Guru”, the first practitioner and teacher from whom the practice of Yoga originated. One of the legends behind the festival’s origins is that it marks the day when after millennia in deep meditation on top of Mount Kailash, Lord Shiva became so absolutely still that he became one with the mountain itself. Hence, ascetics see Maha Shivaratri as a night of stillness. People in the yogic community also believe that the spinal cord is the pathway to the universe. This belief is validated by the scientific fact that the spinal cord holds all the nerve endings that links the messages between

the brain and the rest of the body. Keeping the spine erect throughout the night is considered to open up many possibilities as there is a great assistance from nature. All evolution in a human being is fundamentally an upward movement of energy. Hence, it is suggested that during the night of Maha Shivaratri, one should always keep their backs straight at all times to align with the frequency of the spiritual energy.

Be it through sacred devotion or through sheer curiosity, it cannot be denied that the festival, along with the legends it holds, has managed to attract the world’s attention. Today, devotees and visitors alike travel from throughout the globe to witness and experience the festival in all its glory. Cleo Supertramp (a pseudonym), a 36-year-old linguist from Oregon, USA, came to Nepal 3 years back to study the Newari language. Even though she decided to skip the first year, she mentions how she slowly got fascinated with the Nepalese festivals, especially Maha Shivaratri with every passing month that she spent here. She shares how the ideas of mysticism and folklore that were associated with the festival gave it an almost otherworldly demeanor. She became so engrossed with the customs that for the past 2 years, she has made it a point to fast alongside her landlords and go on a pilgrimage to Pashupatinath with the local communities. She shares that it

has been a great experience so far and that besides the issue of overcrowding, she has had a lot of fun talking with people and making new friends in the process.

Sujan, a student currently doing the third year of his Bachelors’s degree in BASW says that he has been visiting Pashupatinath with his friends for the past 4 years. He has some knowledge about the festival’s origins and knows that it is celebrated to commemorate Lord Shiva’s wedding, but claims that he basically uses this holiday to spend time with his childhood friends. He says that since he and his 6 best friends all went to different colleges after passing 10th grade, they make it a point to meet at least every Shivaratri, where they spend the majority of the day together roaming Pashupatinath and then sleeping over at a nearby apartment building that one of their uncles owns at Chabahel (a 25-minute walk from Pashupatinath).

Sujan and Cleo are archetypes of the majority of people who come from all throughout the globe to celebrate Maha Shivaratri in Nepal. A festival that only seems to grow bigger every year, it has attracted the gazes of religious devotees, curious adventure seekers, and literate scholars alike. The fact that it takes place during winter and is labeled a national holiday only adds to the grasp it already has on its followers.



Picture Credit: Toomas Tartes

YAK WOOL

WARM AND WORTH IT

The cold season is upon us. As with every winter, we're up for experimentation. This time we bring you information on yak wool, its production, durability and advantages. Hopefully, their reign on the market would be as majestic as the creature themselves.

TEXT BY SARINA SHRESTHA

When it comes to wool, the options are limited for many. The textile fiber is usually extracted from animals like sheep, goats, bison and muskoxen. In Nepal, wool is also extracted from yaks belonging to the Himalayan regions and Sherpa cattle farm.

Many researches have proven that when used the right way, yak wool can provide as much warmth as sheep wool. As it traps air between the hollow fibers, it is considered to be one of the best fibers for keeping warm and dry during winter.

Understandably, it is one of the most expensive fiber in the country. The best quality of yak wool is usually extracted from the underbelly of the creature. Usually found in neutral colors of brown, white, black and grey, the textile is brought from the cold Himalaya areas to the hands of local men and women for looming purposes.

With the trend of dyeing and coloring wools, products made out of the textile are also remarkably stylish and interesting. It isn't every day that we come across ideas that meet all our demands of practicality

and comfort—yet yak wool products check every box without much complications.

Another notable thing is that yak wool clothing items are bio-degradable in nature. So you can actually be warm and comfortable, and be helping the planet while looking stylish.

However, bio-degradable doesn't mean that the products aren't durable. If taken care of properly, a coat made out of this fiber can last up to fifty years. You only need to make sure that they don't end



Picture Credit: Perrine Rousseau

up stored in cold or wet places. As long as the clothes are kept in dry spaces, there's hardly anything to worry about. If you wish to take further measures to keep it from insect infestation, you can buy cloth preserving medicines specifically targeted for yak wool items.

Some of the popular shops in Nepal that sell yak wool products include Mahaguthi, Sabah Nepal and Sana Hastakala. All of these companies are social businesses organization, targeting for national improvement of locals and local industries.

Sabah Nepal is supporting more than three thousand women running home-based factories. Mahaguthi provides financial and technical aids to underprivileged groups, especially women, and gives them a national and international platform to sell their works. And last, but not the least, Sana Hastakala is an organization that collects local and qualitative handicrafts both from within their units and from small-scale industries with the intention of

TYPES OF FIBERS

Typically, there are three types of those extracted fibers. The down fiber, the mid-fiber and the coarse fiber. The coarse fiber is the thick threads that covers a yak's body. Traditionally, it is used to make tents. While the mid-fiber is comparatively thinner, it's still quite thick. Mostly used for tent-making and rope production, it's not as strong as the coarse ones. However, the down fibers are the thinnest, finest fibers harvested as a yak sheds them during the summer season. Down fibers are the ones whose softness is comparable to cashmere's and pashmina's.

selling them in Nepali market or for export.

Much of the products that enter Nepali shops stem out of hardworking and deserving Nepali hands. So it's quite understandable that the products are costly.

All three of these communities support marginalized group financially and socially. Most of them target women and unprivileged groups, make them sustainable on their own. One needs to understand that the products that come out of these places are built out of raw materials collected from the nation's land and through the manpower of this very country.

In terms of yak wool products, not only are the products highly qualitative, astonishingly warm and comfortable and environment-friendly, they are also empowering Nepali people and businesses by giving them an opportunity to depict their talent and accumulate financial and social growth on their own.

Beijing in Architecture

Beijing's architecture is a harmonious composite between the old and new. The city has managed to embrace the modern styles of architecture all the while managing to preserve its traditional and cultural heritage. With a rich history, the city is seen as a hub for various cultures, traditions, cuisines, economy and innovation that propels the world forward. Beijing manages to present itself as the heart and soul of China to any and all visitors that travel to it.

TEXT BY SAMPANNA SHRESTHA

Beijing is also recognized as 'Peking' and is one of the oldest cities in the world, dating back to almost three millennia. Because of its rich history, Beijing is seen as a global power city and a world leader for culture, tradition, cuisine, economy and innovation. Being one of the six ancient cities of China, modern day Beijing has managed to preserve its rich history and adapt to the new ever-changing future.

This amalgamation of the old and new can be seen in the city's architecture which adopts both the old traditional Chinese style as well the modern tastes of the current generation. Beijing has managed to harmoniously preserve the traditional buildings despite its rapid and exciting modern development. Visitors to the city can experience Beijing as the heart and soul of China as they discover the city's ancient past as well as its present.

The best time to visit Beijing would be September and October, dubbed as the "Golden Autumn", since Spring time invites dust storms and the summer can be unbearably hot along with poor air quality due to pollution and smog. Winters are usually cold and dry with temperatures easily plummeting to -10° C.



Picture Credit: Vincent Guth



FORBIDDEN CITY

The Forbidden City, also known as 'The Palace Museum', and as 'Gu Gong' among the locals, is situated at the heart of Beijing and once served as the seat of power for the Ming and Qing Dynasties from 1368 to 1911. It is the largest Palace Complex in the world and is a marvel of traditional Chinese Architecture. The Palace Complex houses many rare treasures and artifacts from China's history. The museum offers guided tours that are three to four hours long. Getting to the Forbidden City is accessible via public transport bus or the subway. Travelers visiting the site need to be aware about the specific entrance and exit locations set by the museum's management if they choose to explore on their own.



Picture Credit: Hanson Lu



GREAT WALL OF CHINA

When in China, visiting The Great Wall is a must. Being one of the Wonders of the World, it attracts a large number of travelers from around the world. Beijing is quite close to some of the sections of the Great Wall such as Badaling, Mutianyu, Juyonguan, Jinshaling, Simatai and more. These popular sections of the wall are easily accessible from downtown Beijing via an hour to two-hour drive or even public transport. First-time travelers can also benefit by joining a day tour if they do not feel confident with the language or are pressed for time.

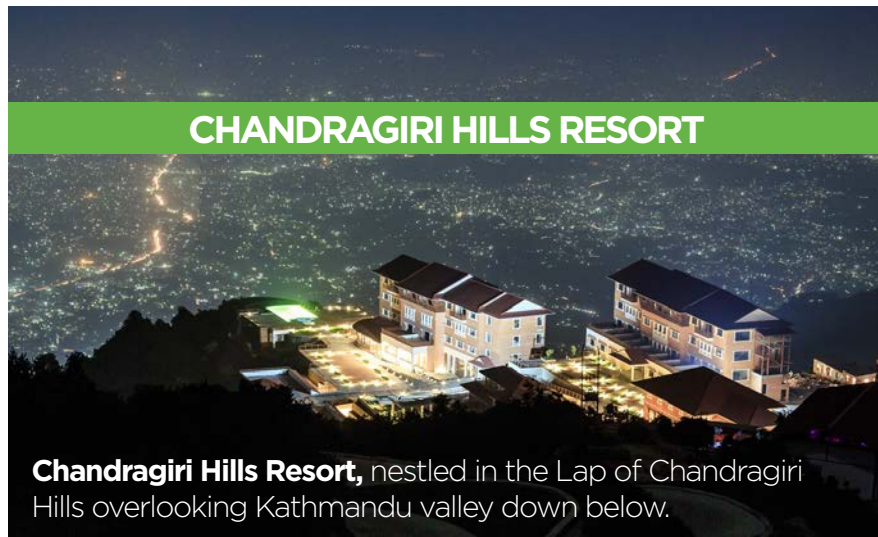


CHANDRAGIRI HILLS

WHERE WISHES COME TRUE

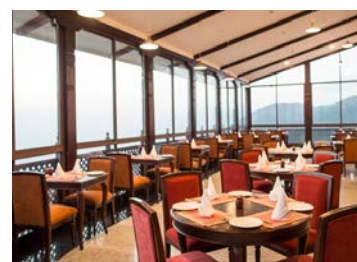
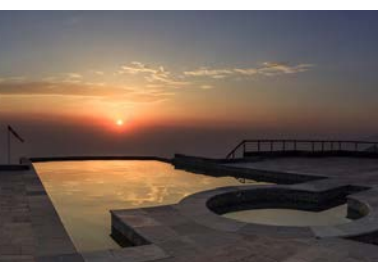
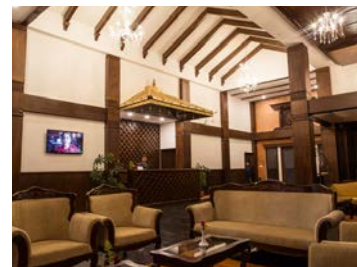


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Picture Credit: Hong Jiang



BEIJING NATIONAL STADIUM

Popularly known as “Bird’s Nest” due to its appearance, the Beijing National Stadium was designed as the main stadium for the 2008 Beijing Olympics. It is situated in Olympic Green Village, Chaoyang District of Beijing City. It is a tourist attraction spot and a venue for many international and domestic sporting events. Visitors can reach the stadium via public bus or the subway. The stadium also provides many activities for tourists such as ski-jumping, ice skating, rifle shooting etc. for a certain fee.

NEW CCTV TOWER

The China Central Radio and Television Tower (CCTV Tower) completed its construction and was opened to the public in 2012. The building is a marvel of modern Chinese Architecture and is located at Chaoyang District. Visitors can explore the building to visit the revolving restaurant, open-air sightseeing platform and the Pacific Underwater World; a wonderful aquarium with hundreds of marine life, which is under the CCTV Tower. Travelers can get to the CCTV Tower via bus, subway and taxi.



Picture Credit: Magda Ethlers



NATIONAL CENTER FOR THE PERFORMING ARTS

The National Center for the Performing Arts (NCPA) is an eye catching piece of modern Chinese Architecture that was completed in the year 2007. The complex contains three performance venues; the Opera House, the Concert Hall and the Theatre. The NCPA is located at Chang’an Avenue in Beijing. Visitors can appreciate its architectural brilliance as well as the many performances and art exhibitions that are frequently staged in its halls. Travelers can reach the NCPA via a few bus routes and subway lines.



Picture Credit: National Center For Performing Arts

IMPERIAL GARDENS

The Imperial Garden is situated within the Forbidden City in Beijing. It is the smallest area within the complex and contains some of the least conventional types of buildings and pavilions in comparison to the rest. It is located to the north of the Forbidden City and can be reached as long as travelers explore via the guided tours or by themselves. Once in the area visitors do need to be well informed about the visiting times of the Imperial Gardens as it isn’t open for prolonged hours.











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MICROWAVE HOW BAD IS IT?

It's every working man's dream. Get home, get last night's leftovers out of the freezer, shove it in a microwave, wait for a few minutes, and beep-beep, heaven's there, right on your platter.

TEXT BY KUMUDINI PANT, ILLUSTRATION BY PRASHANT RAJ DAHAL

Convenient, affordable and quick—microwave entered our homes like a much-anticipated guest. And as with any other mechanical device we've been using everyday menial jobs, we barely stop to question its existence. Not today! Today is when we stop and ask, are food out of microwaves bad for us?

If yes, how and why? To answer that, we first have to understand how microwaves function.

Microwaves use energy waves to cause vibration among food molecules, making them heat up in a small timeframe. While this saves us the trouble of actual cooking, there are many simple mistakes that we tend to make. And these mistakes are exactly what lead to critical health problems down the lane.

For instance, transfer of chemicals from the container to the food one's eating, also known as leaching, is highly susceptible in microwave cooking. Leaching is harmful, but it's considerably worse when plastic containers are in use. When plastic equipment is put under heat, they release what is known as Bisphenol A (BPA) that is extremely harmful when ingested. Meats heated up in those plastic containers are highly carcinogenic in making. This means that even though our bodies will not face immediate backlash, the toxins tend to hang on to our systems and collect over the years. Recent studies even connect them to cancer and reproductive issues. Despite all these consequences, unfortunately, plastic is still the most used container in microwave heating.

Another often overlooked fact is that microwaves emit small amounts of radiation, which are waves or particles released and transmitted. There are two kinds of radiation: ionizing and non-ionizing.

Ionizing radiation can cause electrons to be charged—which is highly dangerous when occurred in a large amount. From causing permanent skin burns to altering DNA itself, this is the kind of radiation that's found in nuclear power plants.

Non-ionizing radiation, on the other hand, doesn't allow the electron to be charged because it doesn't carry enough energy per quantum. As a result, they aren't harmful to human tissues. Furthermore, non-ionizing radiation inside the microwaves only allow so much heat to pass that the food inside gets heated up. There is no transference of negative toxins, chemicals or harmful substances from the machine to the food. That mostly

depends on the kind of kitchenware being used.

Speaking of pregnancy, microwave is not a good place to warm breast milk or baby food. Use other alternatives like boiling or steaming—you don't want your newborn ingesting semi-cooked meal with bacteria still intact.

However, it is an undeniable fact that the machine consumes less time to cook, and sometimes even requires no water for reheat. The main reason why food lose their nutritional value is because the nutrients leach into the water, which usually go unconsumed. Luckily, this rarely happens in a microwave. Our precious vegetables do not lose their nutritional value because there's hardly any water to lose it to or any time to let it leach onto something else.

But this doesn't change the fact that most of us rarely use microwave with the intention of cooking a large meal. No, we mostly use it for reheating yesterday's frozen meal or leftover meat and dairy products without the trouble of having to use more utensils.

As Nepalese, our vegetables are curries—cooked in deep frying pans and pressure cookers. To us, microwave is a bonus kitchenware rather than a requirement.

Cooking in a microwave is one of the best ways to retain nutrients if done correctly. Prohibiting the use of plastic and metal containers, and switching porcelain or glass is the third step. Not reheating or cooking meat and dairy products in them is the second.

But most of all, understanding that not all myths about microwaves are true is the first.

DISCOVERED BY ACCIDENT

Microwave energy was initially developed for radar systems during World War II. In 1945, Dr. Percy Spencer was working on radar systems for Raytheon Corporation when he accidentally discovered that microwaves could be used for cooking.

While conducting experiments with a new style magnetron, a candy bar in his pocket melted.

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CULTURE



MODERN TALES OF
Newari Jewelry

TEXT BY SIRSA TULADHAR



Model: Shivani Bhattarai
Jewelry Courtesy: Maya Handicrafts,
Shop No: 370, 2nd Floor, Chaya Center,
Thamel, Kathmandu

If we were to define our jewelry, we would term them as bold, loud and eccentric, especially those in the Newari community. The designs and the work put into every piece speaks volumes about the culture and the person flaunting it.

The classics are making a comeback! From belly bottom pants to traditional jewelry, the classics are enjoying the limelight in this modern-day fashion drama. The modern-day fashion speaks of subtlety and it is people's choice at the moment, even in the jewelry front. Nothing pleases people like a seamless blend in overall fashion be it the clothes, the shoes or the jewelry.

Up until now, people have only reserved traditional pieces for bigger and formal occasions. All of that is now changing. People are more accepting of the traditional pieces and turning them to casual looks. These pieces make for a statement and tells tales of the past.

You can see a single tiny rendition of Bajra and Ghau as a neck-piece blending quite well into any casual attire. Bajras and Ghaus can also be seen dangling off people's wrists as bracelets and charms. They make a cute addition to any casual look you pick. Besides Bajra and Ghau, another famous Newari jewelry Tayo is worn as a statement piece. Add Tayo to your evening attire and turn it into a regal one.

The bucket or U shaped earring entitled "Makashi" has always been a part of female's everyday look. You can now even see engraved Makashi earrings strolling about the streets. These pieces have forever been the go-to choices that blend in with any style. Flaunt these pieces with your everyday look.

The Panchatantra Bala is another piece that is widely accepted throughout generations and genders. Men and women alike wear this bangle then as well as now. Besides the bangle, Panchatantra rings are also great for some special occasions looks.

UP UNTIL NOW, PEOPLE HAVE ONLY RESERVED TRADITIONAL PIECES FOR BIGGER AND FORMAL OCCASIONS. ALL OF THAT IS NOW CHANGING. PEOPLE ARE MORE ACCEPTING OF THE TRADITIONAL PIECES AND TUNING THEM TO CASUAL LOOKS.

One should never miss out on the Kilip when it comes to jewelries, which is most likely derived from the English word clip, is a head ornament. We style our hair in many styles, and Kilips are just the thing to hold your mane in your style of choice. Not to mention the Silver rings that have forever been a staple in the Newari jewelry line. These rings have a sneaky way of drawing attention yet uplifting the general aura of a casual look.



NEPAL, FOR LIFETIME EXPERIENCES

Nepal, ever since it opened the door for foreigners, has been gaining popularity as the country of backpacking. One of the very first visitors besides the one who trekked around the mountains were hippies. The street of Jhochhe of Kathmandu is now known as Freak Street for the very reason while at the same time, most of the trekkers are also known to be backpacking around the country.

But if you study the history of tourism in Nepal, backpacking hasn't been the only option. A recent article by Lisa Choeygal published in the Nepali Times on November 18, 2019, talks about how Nepal was the destination for photoshoots of fashion magazines like Vogue & Harper Queens and luxury brands like Tiffany, Cartier and Louis Vuitton. Similarly, there were lots of high profile visits from the British Royals to John Kennedy Jr to the mountainous part of the country as well as the southern plain jungle. Now with the boost in tourism, various resorts, hotels and travel companies are also focusing

on higher-end clientele to give an experience of a lifetime.

THE MOUNTAINOUS AFFAIRS

While most of the stay, up in the mountains, during trekking takes place in teahouses and tents and camps, there are hotels that provide warm and comfortable rooms and services. These hotels will make you forget that you are living in a harsh environment, with a magnificent mountain view from your hotel room.

At Yeti Mountain Home, a group of comfort lodges at the world heritage site of Everest Region, one can experience special packages or go for treks or if you are one of those types who just want to chill, then drop by the helicopter the amazing breakfast with a view from every step. The six YMH Lodges are easily reachable by wonderful trekking trails and offers modern creature comforts in the rich, lustrous decor of traditional Sherpa design.

On the other hand, the Royal Mustang Resort in Lo Manthang in Upper Mustang is owned by Jigme

THE STREET OF JHOCHHE OF KATHMANDU IS NOW KNOWN AS FREAK STREET FOR THE VERY REASON WHILE AT THE SAME TIME, MOST OF THE TREKKERS ARE ALSO KNOWN TO BE BACKPACKING AROUND THE COUNTRY.

SP Bista, the descendant of former rulers of the Mustang Kingdom, located outside the walled city of Lo Manthang. From the facade resembling a Tibetan Monastery to organic farm products, one can experience what luxury feels like with almost reliable hot water bathe and traditional decor. If you ask us how to reach here? If you are adventurous, then trekking after a flight to Jomsom or motorcycle/jeep ride is for you but if you want less of the road trip, then a helicopter ride should be your choice. Also, do remember that Mustang comes with a permit fee.



THE JUNGLE SAFARI

Like up in the mountains, many perceive traveling in the southern plains to be spent in camps and small lodges aimed for backpacking and middle-class tourists. But that's not the only limit. Not only can you experience the wilderness comfortably in a jeep, but you can also have a private sundowner by the river or experience the local culture without having to spend any time in the huts.

Experiencing the first national park of Nepal in Chitwan has increased its standard with many resorts and safari lodges, right next to the Rapti river and community buffer zone. The only resort by the world-renowned Taj Safari, Taj Meghauli Serai provides a deeply personal yet luxurious experience with expert guides, authentic food, and a complete local ambiance. Whether you opt to go for a jungle safari or enjoy the dip-in pool of your villa with the national park in the view, the Serai Experience will definitely let you take in the Chitwan National Park's ambiance like no other.

A LUXURY ESCAPE

The luxurious and comfortable resorts are not just limited to where the activities are. If you just want a stay-cation and enjoy a weekend getaway before going back to your life, Nepal offers many wellness retreats for rejuvenation. Among them, is the international resort chain in Pokhara, The Pavilions. From the yoga retreats to chilling by



the pool with a view to a luxurious spa treatment, the Pavilions Himalayas offer many ways to pamper yourself to feel relaxed.

ADVENTURE IN THE VALLEY

While the Kathmandu Valley is home to many luxurious hotels like Marriots and Dwarika's, it's the experiences that truly count.

For dining, Dwarika's Krishnarpan offers a slow dining experience with six to twenty-two-course meals prepared using the freshest vegetables from the Dwarika's own farms. The authentic Nepali dining is offered on traditional brass and earthenware and served by hostesses representing Nepal's diverse ethnic communities.

If you are looking to spend your time doing other things than just sightseeing in the valley then you should try golfing either at Gokarna Forest Resort (18 holes) or the Nepal Golf Club (9 holes) near the international airport. Golfing is also available in Pokhara at the Himalayan Golf Club (9 holes) tweaked with an adventure of its own and Fulbari Resort Golf Club (9 holes) while in eastern Nepal, Dharan has Nirvana Country Club (9 holes).

TAKING A PART OF NEPAL BACK

But it's not just the experience and your stay that can be luxurious. Many handcrafted items would make a perfect memento for you to take back home. While the traditional souvenirs included metalcraft, pashmina shawls, Tibetan carpets and other handicrafts items these days contemporary gifts like a pen drive with the traditional Makara iconography by Allare, the Ayurvedic soaps, essential oils and beauty bars by Wild Earth and Lavanya and the metal lampshades by Pia Nepal or Metalwood are equally gaining popularity. Whether it is just a retreat or an activity or a gift, Nepal has taken a large leap when it comes to the luxury experience. The country is no longer just for backpackers with various retreats experience catering to your needs. All you need is to book your next flight here.



ETIQUETTES TRAVELLERS SHOULD FOLLOW WHILE IN QATAR

AARYAN KUNWAR, ILLUSTRATION BY: SAHAJ TAMRAKAR

Qatar is an Islamic country where citizens tend to be more conservative than most Western countries. Therefore, to avoid offending anyone unknowingly, you have to be aware of their culture and social customs before travelling to the country. Since it is an Islamic country, most of Qatar's residents are expatriates. In other words, western culture is accepted there but only to some extent. Knowing the customs and culture of Qatar is an advantage,

even an obligation, for it allows you to get on the good side of the people as well as the law. To illustrate, some Non-Western hotels in Qatar might ask for marriage certificates before registering as guests for verification.

A modest code of behaviour is required in Qatar, something which the visitors should be wary about during their stay there. For example, there are things you can do that can cause legal trouble if they are informed about to the authorities. Being drunk

and disorderly in public, public displays of affection like hugging or kissing your significant other, making obscene gestures, and showing disrespect in any way to the leader of the land are some of the things that can cause legal repercussions ranging from a fine to even deportation or imprisonment.

Thus, to avoid such conflicts during your stay in Qatar, it is important to know their etiquettes. Here is some information on how to follow the Qatar etiquette.

अब तपाइको दोहा यात्रा अर्कै रमाइलो !



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*यो कुपन ब्यागेज बेल्ट नं ६ नजिकैको कतार डिउटी फ्रि मा प्राप्त गर्नु सक्नु हुनेछ।
फ्लेक्सि पोइन्टबाट निःशुल्क मिनेट र डेटा पाउनु हुने छ।

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WHAT IS ILLEGAL?

If you don't know the laws of the land, then there's a good chance you'll be jailed or fined. Be careful not to bring alcohol, pork, pornographic materials, or drugs with you at the airport. Noise and other disruptions can also lead to legal trouble.

Homosexuality is illegal in Qatar and cross-dressing is also viewed negatively. The government of Qatar does not recognize same-sex marriage nor does it allow people in Qatar to campaign for LGBT rights.

Additionally, beware of the following since they are also illegal in Qatar: use or possession of narcotics, cohabitation, extramarital relations, having a baby out of wedlock, and adultery.



GREETINGS AND SHAKING HANDS

Arab men and women are not comfortable with handshakes as a form of a greeting; it is not customary to do so, so keep in mind to shake the hand of a woman only if she extends her hand first. Arabs might put a hand on their chest while greeting you; this signals that they prefer this form of greeting over shaking hands.



RAMADAN AND DRESSING ETIQUETTE

You should be informed whether your visit coincides with Ramadan observance or not, as it is an important aspect of the Islamic culture. If it does coincide, you should be sensible enough to not eat or drink in public as this offends the people who are fasting.

It is also important to dress modestly during this Holy Fasting month of Ramadan. The women in Qatar usually have their hair covered with a black head-dress called Shayla, while their bodies are covered with a black dress called Abayha. Some women also cover their faces with a black Bourqa and sometimes the eyes are left uncovered. For expatriates, smart informal dressing is usually observed. However, women should avoid wearing spaghetti-strap, see-through blouses, and short skirts not only during this month but always.

The men in Qatar wear long white over loose pants, and a loose headdress called gutra, in white or red and white cloth held on with a black rope called agal. Foreigners are not expected to wear Arab costumes, but they should avoid wearing shorts and sleeveless shirts in the streets. Foreign visitors are expected to dress up in a manner that is respectful to Islamic culture. Also, showing the sole of your foot in public is considered rude socially.

The penal code forbids and punishes the exhibiting of revealing or indecent clothes; this is enforced by Qatar's government body.



PHOTOGRAPHY

In general, the photographing of government buildings, mosques, or military installations are prohibited and it is considered offensive to photograph Muslim women. Normal tourist photography is acceptable however, it is courteous to ask permission before photographing Qatari people.



LANGUAGE

English is widely spoken in Qatar, even though Arabic is recognized as the official language. Even the road signs are in both languages. But, if you are visiting the country for business purposes it is recommended to have copies of documents in both Arabic and English.

Also, if you're someone with anger issues, think again before swearing at someone in Qatar for even a single swear word could lead to a hefty fine or imprisonment, so if you're someone with anger issues, stay at home watching television instead of going to Qatar!

WHAT IS THE NEW DIGITAL BUZZ ABOUT ?

Nepal is slowly and gradually transforming towards a digital economy and a cashless economy is a popular term these days. Digital banking and methods of payments are on the rise and why would they not be. The lack of hassle in terms of carrying the cash and the seamless transactions make even the most difficult and mundane tasks effortless and easy; its espousal by the general population has been stymied by a few myths and confusions that are yet to be debunked. Nepal is slowly taking in the digital wave and in the past few years, we have seen great development in terms of digital payment options.

SHRENI RAJBHANDARY , ILLUSTRATION BY: PRASHANT RAJ DAHAL



Some of the best digital wallets that have been doing an immensely good job in Nepal include:



The undeniable crown holder of the Digital Wallet providers is E-Sewa which is Nepal's first and one of the most successful online payment gateways of Nepal. They have been in operation since 2009, which is why they have the first mover's advantage. Since they are the oldest players in this market, they are the most trusted and most used digital wallet service in Nepal. People in Nepal use "esewa" more often than any other digital payment wallets which have made their user and merchant base the strongest and ever-growing for they never fail to bring creative ideas to the table.

The makers have been pushing themselves to every limit to create a cashless economy in the coming days.



Khalti is an emerging online payment solution in Nepal. It is operated and owned by Sparrow Pay Pvt. Ltd. the parent company Janaki Technology, which has been in the software product industry since 2010. Just within one year of its launch, Khalti has gained a lot of popularity and users. The app was launched at CAN infotech 2017 in late January last year. It is the 5th digital wallet to get licensed by Nepal Rastra Bank as a Payment Service Provider. Khalti deserves the second position here because of its growing popularity in a very short time.



Fonepay is a Payment Service Operator, unlike the digital wallets and bank applications that are the Payment Service Providers. It connects consumers, banks, and merchants in an interoperable network to facilitate mobile/

digital payments. It enables a host of transactions including in-store merchant payments, online payments, and P2P fund transfers. Ujjen Lal Shrestha the Chief Marketing Officer says that "Our strength is the inter-operable network of 58 different banks and which brings together 90 lakhs users alongside 70 thousand+ ever-expanding network of merchants digitally and directly which makes transactions hasslefree.". He adds, " Mobile banking apps are the future" The Fonepay app turns the phone into a POS device capable of spawning unique QR codes for each transaction. Its app for businesses notifies vendors and sellers about each mobile payment and keeps a record of all the transactions. Fonepay is now aggressively moving ahead to interject "Digital Financial Literacy" even at the grassroots. They are bringing forth impressions of behavioural changes by implanting the seeds of acceptance and trust to transform the cash-centric ecosystem of transactions to the digital ecosystem which is eventually contributing to financial transparency nationwide.

DIGITAL BANKING AND METHODS OF PAYMENTS ARE ON THE RISE AND WHY WOULD THEY NOT BE. THE LACK OF HASSLE IN TERMS OF CARRYING THE CASH AND THE SEAMLESS TRANSACTIONS MAKE EVEN THE MOST DIFFICULT AND MUNDANE TASKS EFFORTLESS AND EASY.



Prabhu Pay manages to fall in the fourth position in our list as it has added some unique features such as Near-by-deals and Near-by-taxi. Near-by deals is a geo-location-based customized automated notification sent to users advising of nearby deals based on their current or last known location proximity to the businesses. Similarly, near-by-taxi is a geo-locational based feature through which the users can track the available taxis nearby them. The users can conveniently book and even make payments by using the application.



Nepal Rastra Bank gave it's first digital wallet license to the IME Pay. It has been successful in penetrating the grassroots of Nepal. It was a smart move of IME in adding pillars to the digital banking system of Nepal which also comes with remittance services. Their digital wallet services have bolstered up over time. Users can also receive Rs.@ cashback per ltr in Fuel and Rs.50 cashback on the first utility payment. Users may also rejoice the reward points for each payment including cash-out services and EMI Payments.IME Pay has two different apps; IME Pay for normal users and IME Pay Agent for the corporate users with more services and cashback.

WHY e-SEWA WINS THE CROWN?

- Air ticketing can be acquired for both domestic and international flights.
- They have tried penetrating a lot of service and product providers tirelessly.
 - Its app is very easy to understand and is hasslefree
- eSewa has started its online store called eSewa Pasa. You can find different items in this store with a price that is lower than normal.
- They are the most popular which comes very handy for transactions.
- Users can rejoice the remittance service of Western Union from eSewa.

ZODIAC SIGNS AND THEIR ZEAL

TEXT BY ZENANA OJHA



March 21st - April 19th

Optimistic and courageous are the first two words that define you. Professionally, you are enthusiastic, bold, ambitious, but most importantly, competitive.

So it's only right you choose as upbeat and motivational as your personality.

Career possibilities: Manager, Human Resource, Media Personality, Advertising, Military, Researcher, Psychologist, Entrepreneur.



April 20th - May 20th
Flower: Poppy

The best traits you have are your tenacity, patience, artistry and rationality. Your weakness, stubbornness, is also your strength, determination. Combined with your observational skills and a knack for numbers, you could have a fiery professional life.

Career possibilities: Financial advisors, Analysts, Accountants, Banker, Investor, Researcher, Fund Manager.



May 21st - June 20th
Flower: Lavender

A perfect combination of social and sassy, your wit is the key to a successful career. Don't let your indecisiveness rule you, trust your gut and be adventurous—intelligence can get you everything. Follow your passion and never be bored.

Career possibilities: Lawyer, Advertising, Traveller, Sales Executive, Artist, Writer, Manager, Journalist, Professor.



June 21st - July 22nd
Flower: White Rose

Imagination and empathy define you. But loyalty, understanding and emotional intuition are what make you charming. People feel safe and comfortable around you. That's the best part about you.

Career possibilities: Social Worker, Child Welfare, Therapist, Psychologist, Restaurant Owners, Chef, Nursing, Teacher.



July 23rd - August 22nd
Flower: Sunflower

Probably the most passionate, caring and generous of the signs, you are also enthusiastic, charismatic, independent, spontaneous and an admirable leader. You're also driven by creativity and variety. When someone is as confident, active and competitive as you, you're bound to have a career as magnetic as your personality.

Career possibilities: Manager, Motivational Speaker, Performer, Entrepreneur, Photographer, Travel Blogger, Editor, Spokesperson.



August 23rd - September 22nd
Flower: Buttercup

Pride yourself for your logical ways, rational thinking and attention to detail, but don't overlook your creativity. The best thing about you is your consistent desire to learn. Striving for improvement is striving for greatness.

Career possibilities: Content creator, Advertiser, Artist, Business Owners, Marketing, Musician, Investigator, Writer.

It isn't just astral stones that can be associated with Zodiacs, but their zeal as well. One's zodiac attributes makes him/her fit for a certain zeal, which one can excel in professionally, academically and professionally.



Libra

September 23rd - October 22nd
Flower: Rose

No one is as much of a team player as you. Your open-mindedness, balance, patience and diplomacy are absolute winners. But your standout character traits include cleverness, charm and sense of humor.

Career possibilities: PR Consultants, Diplomacy, Teachers, Advisors, Human Resource, Psychologist, Social Worker.



Scorpio

October 23rd - November 21st
Flower: Geranium

Not only are you hard-working and a problem solver, you also have fantastic observational and understanding skills. When you're this imaginatively intense, smart and strategic, it's only fair that you have equally interesting career. Instead of suspicion, let curiosity be your driving force.

Career possibilities: Researcher, Scientist, Detective, Psychologist, Writer, Private Investigator, Activist, Humanitarian.



Sagittarius

November 22nd - December 21st
Flower: Carnation

You are independent, strong, honest, curious, optimistic and creative. All these traits also make you extremely adventurous and open-minded to new things. It's hard to pin down a Sagittarius's heart, romantically and career-wise. A 9 to 5 job will fit your just right, but only if it involves a lot of field work, social interaction and creative display.

Career possibilities: Makeup Artist, Personal Trainer, Motivational Coach, Architect, Archeologist, Travel Agent, Salesperson.



Capricorn

December 21st - January 21st
Flower: Pansy

You are intelligent, persistent, organized, ambitious, realistic and disciplined. Your integrity and sense of responsibility makes you an ideal employee. And it is because you are a perfectionist, you strive for organized practicality in every aspect of your profession—but that can be highly draining. So pick something that not just fuels your intellect but also motivates you every day.

Career possibilities: Professor, Teacher, Lawyer, Journalist, Business Manager, Politician, Analyst, Accountant.



Aquarius

January 21st - February 20th
Flower: Orchid

If originality and assertiveness had a face, it would be you. Admit it, you're strange and you love that about yourself. If not, it's time you start because that's what makes you a visionary. Your stubbornness doesn't take from your otherwise easy-going personality, and your analytical skills are off the charts.

Career possibilities: Pilot, Astronaut, Artist, Historian, Archeologist, Activist, Social Worker, Politician, Humanitarian.



Pisces

February 20th - March 20th
Flower: Water Lily

Instinctual, patient, empathetic and loyal are the best traits Pisces have. But what makes you professionally outstanding are your imagination, style and unshakeable determination. It isn't unheard of a Pisces to be working multiple jobs to chase what you're passionate about.

Career possibilities: Sales Executive, Lawyer, Nursing, Veterinarian, Therapist, Counselors, Artist.

घर छोड्ने दिन

साभार : नवराज पराजुली, सगरमाथाको गहिरो कविता संग्रहबाट

अरू बेला मेरो घरले
जस्तापाताको टोपी
र काठको दौरासुरुवाल लगाउँथ्यो
मैले मेरो घर छोड्ने दिन मेरो घरले
उसको आफ्नो जीउभरी
आगोमा डढेर खुम्चिएको प्लाष्टिक लगायो
अरू दिन मेरो आँगन
हरेक विहान उठ्नेबित्तिकै
नुहाइधुवाइ गरेर चिटक्क पथ्यो
मैले मेरो घर छोड्ने दिन
मेरो आँगनले नब्यूँभिए जस्तो गरेर
मलाई उसको छातीमा भएका मयलका
टाटा देखायो
मैले मेरो घर छोड्ने दिन
मेरो बलैसीमा घर तर्फियो ।
मैले मेरो घर छोड्ने दिन
दुध खान खोज्दै गरेको बाच्छोलाई गाईले
लात्तिले हिकार्यो
कसले आगो घटाउन विर्सियो कुन्नि
उम्लिएर कुँडेको आधी दुध अगेनामै पोखियो
आगोमा दुध डढेको गन्धले
गोठको गाइ आफैसँग रिसायो
अनि खाँदाखाँदैको खोलेको भाँडो
थुतुनोले ठेलेर पोखिदियो
मैले मेरो घर छोड्ने दिन चुलो काँचै भयो ।
आफ्नो घरका सबै ढोकाको
उचाइ मलाई थाहा थियो
तर त्यो दिन
एउटै ढोकामा मेरो टाउको दुईचोटी ठोकियो
त्यतिखेर टाउकोमा
मेथी पड्काएको तोरीको तातो तेल लगाइदिने
कोही भएन ।
पाठेघरमा पानी कम भएर
बच्चा जन्मिन ग्राहो भएजस्तै
आकासमा के कम भयो कुन्नि
सूर्य साह्रै गाह्रो गरेर जन्मियो
त्यो दिन मेरा सबै गाउँलेले
आआफ्नो अनुहारमा पिसेको पहेंलो
बेसार सुकाए ।
किनकिन त्यो दिन
खै के देखेर हो कुन्नि
बस्तुभाउले आफ्नो थलाबाट निस्कन चाहेनन्
जुन दिन
मैले मेरो थलोबाट निस्कने दिन थियो ।



ढिकीको छेउमा

सास फेर्न छोडेको एउटा फुटबल

मेरा खुट्टातिर हेर्दै भोक्राइरहेको थियो

त्यो दिन मैले नखेली हार्ने दिन थियो

खै के सोचेर

बुवाले मेरो सानो भोलाको अगाडिको गोजिमा

कागतीका दुइटा दाना राखिदिनुभयो

खै के बुझेर

बुवाको निधारमुन्तिरका

कागतीका दुइटा दाना निचोरिए,

मीठो बोल्दाबोल्दै मेरो बुवा

अमिलो हुनुभयो ।

आमाले आफ्नो आँखाबाट खसेको नुनिलो

पानीमा चामल र अबिर मुछेर

मेरो निधारमा अड्याइदिनुभयो तर म जस्तै

अडिएनन् अक्षता आफ्नो घरमा

मेरो निधार साँढै भिरालो भएकोले होला

भाग्य पनि सधैं चिप्तिरह्यो

भाग्य अडिने गरी मैले

हातमा खाल्डाहरु बनाउनु थियो

मुटुमा प्वालहरु बनाउनु थियो

त्यही ठाउँमा पुग्न

म घरबाट ओर्लिँदा

हप्तौं अलिनो खाए जस्तो गरी

लल्याकलुलुक भएर हल्लियो लिस्तो ।

मेरो बिदाईमा

म आफैले रोपेको फुल पनि हाँसेन ।

आफ्नो घर हुञ्जेल घरमै बस्छु भन्ने

सोचेको थिएँ

आफ्नो भर हुञ्जेल घरमै बस्छु भन्ने सोचे

को थिएँ

तर एक दिन मेरो शिरमा ऋण यसरी

टाँसियो कि

मैले मेरो मुल ढोकाको शिरमा

गोबर र दूबोले टाँसेको सिक्का पनि उक्काउनु

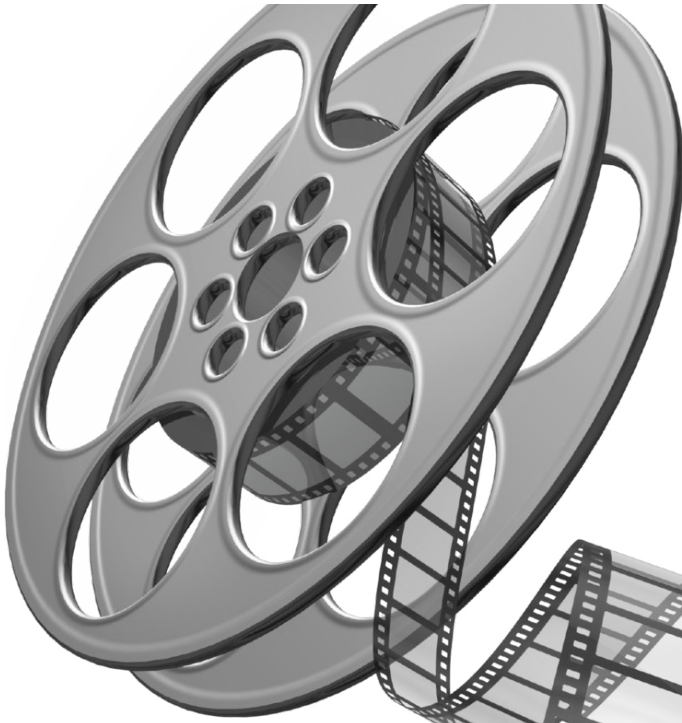
पर्यो सबैभन्दा बढी भाउ आउने बेला भएको

गाईभैँ त्यो दिन

मैले आफूलाई बेचिदिँदै दाम्लोले

पर पुगञ्जेलसम्म गाईलाई हेरिरह्यो

गाईले फर्केर दाम्लोलाई हेरेन ।



नेपाली फिल्म २०१८

दर्शककै अभाव

सन् २०१९ को शुरुवात फिल्म 'जय श्री दाम' र 'जे सुकै होस्' बाट हुँदा वर्षको अन्त्य कुन फिल्मबाट हुने हो अहिलेसम्म टुंगो छैन। पौष महिनामा फिल्म रिलिज गर्नका लागि निर्माताहरु रुची देखाउँदैनन्। जाडो महिनासँगै दिन पनि छोटो हुने भएकाले दर्शक हलसम्म आउन गाह्रो मान्ने उनीहरुमा पूर्वानुमान नै हुन्छ। पुषको अन्त्यसँगै माघ १ गते आउने माघे संक्रान्तिको लोभ पनि निर्मातामा नहुने होइन। तर लोभ मात्रै भएर हुँदैन, निर्मातालाई लोभ्याउने गरी दर्शकपनि आउने वातावरण रहँदैन।



यो समयवाधिमामा निकै महंगो बजेटमा पनि फिल्म निर्माण भए । ठूलो लगानीमा फिल्म निर्माण गरिए पनि ती फिल्मले निर्मातालाई खुशी दिलाउन सकेन । किनकी बहुसंख्यक फिल्म व्यावसायिक रूपमा असफल भए । यो अवधिमा विनोद पौडेलको फिल्म 'बुलबुल'ले राम्रो व्यापार गर्‍यो । त्यस्तै दिवाकर भट्टराई निर्देशित फिल्म 'क्याप्टेन'ले पनि करिब ४ करोडको व्यापार गरे पनि यसले स्वदेशबाट लगानी उठाउन सकेन । अनमोल केसी प्रमुख भूमिकामा रहेको यो फिल्मले विदेश र अन्य बिक्रीले लगानी सुरक्षित भएको निर्माण पक्षको दाबी छ ।

'क्याप्टेन' पछि अनमोल केसी अभिनित 'ए मेरो हजुर ३' ले बक्सअफिसमा सुपरहिट व्यापार गरेको थियो । दुई करोड १५ लाखमा निर्माण भएको यो फिल्मले बक्सअफिसमा ९ करोड ७३ लाख व्यापार गरेको थियो । यो फिल्म चैत ३० मा रिलिज भएको थियो ।

त्यस्तै २०७६ वैशाख १३ गते रिलिज फिल्म 'दाल भात तरकारी' ले भन्डै ९ करोडको व्यापार गरेको थियो । यो फिल्मको लागत २ करोड १५ लाख थियो । जेठ ३ गते रिलिज फिल्म 'जात्रै जात्रा' बक्स अफिसमा ९ करोड ७८ लाखको व्यापार गरेको थियो । जबकी यो फिल्मको लागत १ करोड ९७ लाख थियो ।

यस्तै असार १३ मा प्रदर्शन भएको फिल्म 'आप्पा' ले नेपाल र भारतको प्रदर्शनबाट लगानी सुरक्षित गर्‍यो । १ करोडको लागतमा बनेको फिल्मले नेपाल र भारतमा गरी ५ करोडको व्यापार गरेको थियो । असोजको पहिलो हप्ता प्रदर्शनमा आएको सुपरहिट फिल्म 'कबड्डी' को तेस्रो सिक्वेलले बक्सअफिसमा कलेक्सनको उल्लाल नै ल्यायो । प्रदर्शनको ५१ औं दिनसम्ममा १३ करोडभन्दा बढी कमाउँदै 'कबड्डी ३' ब्लकबस्टर फिल्म साबित भयो । यसको करीब २० दिनपछि फिल्म 'छ माया छपक्कै' प्रदर्शनमा आएको थियो । यसअघि पाँचवटा ब्लकबस्टर फिल्म दिएको दीपकराज गिरीको समुहले यसपटक पनि त्यो सफलतालाई निरन्तरता दिइरहयो ।



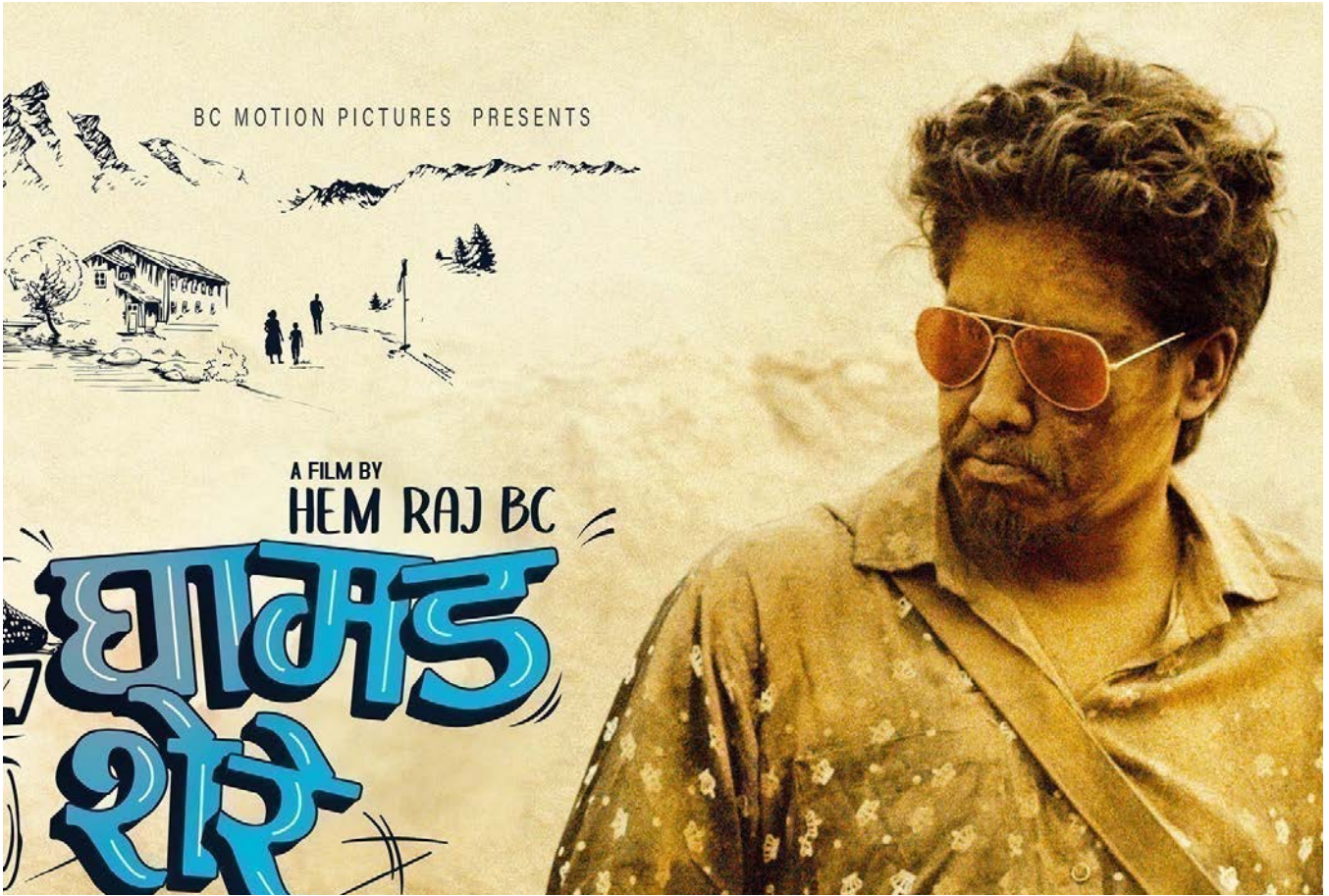
यो वर्षको आशाहित फिल्महरु

यो वर्ष निकै आशाहित फिल्महरु 'वीर विक्रम २', 'रातो टीका निधारमा', 'हजार जुनीसम्म', 'मारुनी', 'पोइ पर्यो काले', 'घामड शेर', 'चच हुई', 'माछा माछा' ले निर्माता र दर्शकलाई निरास नै बनाइदियो । धेरै फिल्मले लगानी त के भित्तामा टासिने पोस्टरको पैसा समेत उठाउन सकेनन् । तर पनि ती फिल्मका निर्माताले आफ्नो फिल्मले लगानी उठाएको हौवा अनलाइन सञ्चारमाध्यममा पिटे । असोजपछि हलमा दर्शकको उपस्थिति अत्यन्तै न्यून देखियो । दर्शक अभावकै कारण कतिपय हलहरु बन्द हुने अवस्थामा नै पुगिसकेका छन् ।

प्रदर्शनको ५१औं दिनसम्ममा १४ करोडको आसपास व्यापार गर्दैवर्षकै सबैभन्दा धेरै कमाउने फिल्मको रेकर्ड बनाएको छ ।

यो वर्ष निकै आशाहित फिल्महरु 'वीर विक्रम २', 'रातो टीका निधारमा', 'हजार जुनीसम्म', 'मारुनी', 'जाइरा', 'पोइ पर्यो काले', 'घामड शेर', 'चच हुई', 'माछा माछा' ले निर्माता र दर्शकलाई निरास नै बनाइदियो । धेरै फिल्मले लगानी त के भित्तामा टासिने पोस्टरको पैसा समेत उठाउन सकेनन् । तर पनि ती फिल्मका निर्माताले आफ्नो फिल्मले लगानी उठाएको हौवा अनलाइन सञ्चारमाध्यममा पिटे । असोजपछि हलमा दर्शकको उपस्थिति अत्यन्तै न्यून देखियो । दर्शक अभावकै कारण कतिपय हलहरु बन्द हुने अवस्थामा नै पुगिसकेका छन् ।

निर्माता, वितरक तथा हल सञ्चालक गोपालकाजी कायस्थ स्टारडम र ब्राण्ड भ्यालू भएका फिल्महरुलाई मात्र दर्शकले साथ दिइरहेको दाबी गर्छन् । 'जति पनि फिल्म सफल भएका छन्, ती सबै फिल्म कि सिरिज भर्सनका छन् कि सिक्वेल भर्सनका छन् । तीबाहेक अन्य फिल्मको अवस्था दयनीय छ । सिरिज र सिक्वेलका कथाले दर्शकलाई तानिरहेको छ, अन्यले छैन', उनी भन्छन्, 'आश गरेका फिल्म समेत चलेका छैनन् ।



हलमा कर्मचारीलाई तलब दिन गाह्रो भैसकेको छ। यस्तै अवस्था हो भने धेरै सिंगल थिएटर बन्द हुने अवस्थामा पुगिसकेका छन्।' निर्माता तथा निर्देशक विकासराज आचार्य पछिल्लो समयमा फिल्म नबुझेका निर्माताहरुको आगमन बढेकाले पनि फिल्मको व्यापार खस्केको बताउँछन्। 'हामीले फिल्म बुझे बनायौं। तर नयाँ अनुहार त्यस्ता छैनन्। नयाँ अनुहार फलाना फिल्मले यति करोड कमायो भनेर मिडियामा आएका समाचार हेरेरै फिल्म बनाउन आइरहेका छन्। उनीहरुले दर्शकको चाहना अनुसारको फिल्म बनाउन सकेनन्', विकासराज भन्छन्, 'यो वर्ष पनि त्यस्तै अवस्था देखियो। आश गरेका फिल्महरु नराम्रोसँग फ्लप भए। नाम चलेका निर्देशकले फिल्म निर्देशन र निर्माण गरे पनि उनीहरुले दर्शकलाई बाध्न सकेनन्।'

फिल्म समिक्षक तथा लेखक सामिप्यराज तिमल्सिनाको बुझाईमा राम्रो स्क्रिप्ट भए पनि त्यसलाई निर्देशकले सही ढाँचामा ढाल्न सकेका छैनन्। 'नेपाली लेखकले लेखेका कथा

एकसे एक राम्रा छन्, तर यहाँ मेकिङमा समस्या छ। जति नै राम्रो स्क्रिप्ट लेखेर दिए पनि मेकरले त्यो स्क्रिप्टप्रति न्याय गर्न सकेका छैनन्। त्यसकारण पनि फिल्म फ्लप भइरहेका छन्', सामिप्यराज भन्छन्, 'दर्शक भनेका ग्राहकजस्तै हुन्। उनीहरुलाई आफ्नो लगानीबाट अधिकतम सन्तुष्टि लिने अधिकार छ। त्यसकारण उनीहरुले आफूलाई मन परेको सामान छानेर खरिद गर्छन्। जहाँसम्म हलिउड र बलिउड भन्ने कुरा छ, कुनै पनि पसलमा गएको ग्राहक उसले किन्न चाहेको सामानबाट सन्तुष्ट छ भने उसले कुन देशमा उत्पादन भएको हो भन्ने कुरा हेर्दैन।'

आश गरिएका फिल्म समेत नचल्दा फिल्म निर्माण र प्रदर्शन गर्न लागेका निर्माताहरु निकै तर्सिएका छन्। गत वर्ष पनि दशैपछि कुनै नेपाली फिल्म नचल्दा फिल्म क्षेत्र धरासायी हुने अवस्थामा पुगेको थियो। यो अवस्था यस वर्ष पनि दोहोरिएको छ। बलिउडमा राम्रो कथाका फिल्मले सहजै सय करोड पार गर्छन्। नेपालमा भने फिल्म बनाउँदा हरेक

कुरामा सम्झौता गर्नपर्ने हुन्छ। कसरी छिटो र मितव्ययीरूपमा सिध्याउने भन्ने ध्याउन्न निर्माता/निर्देशकको हुन्छ। त्यसकारण पनि राम्रो फिल्म बन्ने सम्भावना अत्यन्त कम हुन्छ।

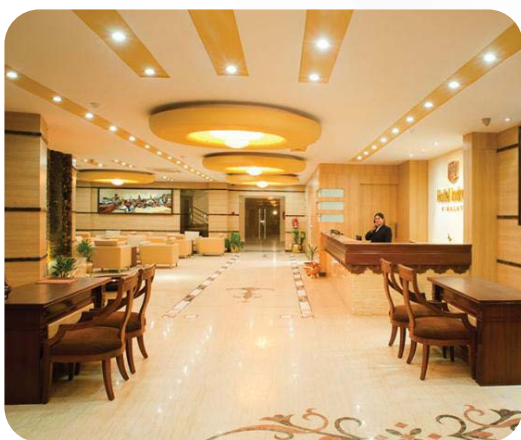
नेपाली फिल्मको व्यापार निकै कमजोर छ। यसतर्फ निर्माताको ध्यान गएको देखिँदैन। उनीहरु फिल्म बनाउन नै हतारिन्छन्। जसले गर्दा राम्रो कथाको फिल्म बनाउन जहिल्यै चुक्ने गर्दछन्। जसको असर फिल्मको व्यापारमा पनि पर्ने गरेको छ। अहिले देशभर मल्टिप्लेक्स हल खुल्ने क्रम बढेको छ। मल्टिप्लेक्स हलमा पनि केही स्टार र ब्रान्ड बनाएका फिल्म र टिमका बाहेक अरुका फिल्म चलेका छैनन्। तिहारपछि सिंगल हुन् या मल्टिप्लेक्स, कुनै नेपाली फिल्ममा दर्शक छैनन्। समग्रमा सन् २०१९ नेपाली फिल्मका लागि उल्लासमय रहेन। तर यसो भन्दैमा सबै फिल्म चलेनन् भन्ने पनि होइन्। केही हिट फिल्मले अर्को हिट फिल्मको रेकर्ड तोड्नकै लागि प्रतिस्पर्धा पनि गर्नुपरेको थियो।



The Amadablam Hotel



Experience hospitality
at its best.



Reception



Restaurant



Seminar

We invite you to experience our hotel in the heart of Kathmandu with superior accommodation, an amazing foods, and class apart conference function facilities. Enjoy our outstanding facilities which can cater more than 100 people with ease, offering superb dining options at our restaurant.

मधेसतिर

विश्वेश्वरप्रसाद कोइराला

सुनकोशी र तामाकोशीको सङ्गमा विहान भयो । सुनकोशी उत्तरबाट प्रशस्त बेगसँग बगेर आउँथ्यो, पूर्वतिरबाट तामाकोशी धागोजस्तो पातलो धारा लिएर आउँथ्यो र सुनकोशीमा मिसिन्थ्यो । सुनकोशी तर्न सक्ने कोही कोही मात्र होलान् तर तामाकोशीलाई दह्रो तिघ्रा भएको जसले पनि तर्न सक्थ्यो । यी दुवै नदीको किनारामा दुवैतिर हरियोपरियो केही उम्रेको थिएन । यिनको सम्मानार्थ रुखपातहरू टाढै उभिएका जस्ता थिए ।

सूर्यको प्रथम किरण पर्नासाथ पृथ्वीमा छाया उफ्रेजस्तो गरेर नदीका किनारामा घुम्नुझ परेर सुतेका चार-पाँच जना उठे । उठ्नासाथ सबैको मनमा प्रश्न उठ्यो- 'पेट कसरी भर्ने ?' एउटाले अर्कोको मनोभाव बुझेको जस्तो गरेर सबै मुखामुख गर्न थाले । विधवाको दृष्टि गोरेमाथि थियो । विधवाले सबैलाई सम्बोधन गरेर भनिन् 'होइन, तिमीहरू घरबाट हिँड्दा पेट भर्ने उपाय गरेर हिँडेका थियौ ? के खाउँला भनी ठानेका थियौ ?' सबैजना विधवाको कुराले विस्मित भए । भोटेले भन्यो 'मेरो त घरै छैन ।' बुढाले भन्यो 'मेरो त थियो, तर अब म पनि घरवार नभएको छु । तर, नानी, तिम्रो भए किन यहाँ आएको ता'

घरवार नभएका यी चारजना मान्ने भन्नुं वा कुल्ली भन्नुं- काम पाए कुल्ली नत्र मानेका माभ्रमा घरवार भएकी विधवा कागको हुलमा हँसिनी थिइन् । तिनले अन्नपूर्णभै भइ आफ्नो पोकोबाट चिउरा भिकिन् र भाग लगाउन थालिन् र सबैको चिउरामाथि थप-थप चाकुका डल्ला राखिन् । सबैको आँखामा अकस्मात तेज आयो र सबैको हृदयमा विधवाप्रति महान् आदरको भाव उत्पन्न भयो । गोरेलाई आफ्नो भागबाट चिउरा थपिदिँदै भनिन् -तिमी जवान छौं । तिमीलाई अरुभन्दा बढ्ता भोक लाग्दो हो । फेरि सबैलाई सम्बोधन गरेर भनिन् 'मधेसतिर हिँडेकी । पोइ छैनन् । सासूससुरा फुटेको आँखाले हेर्दैनन् । देवर रूखो माया गर्दथ्यो तर पोइ नभएको घरमा टिक्न सकिन्न ।'

यो वाक्यले चारैजनाको हृदयमा खुब प्रभाव पार्यो । खान पाउने ठाउँ पोइ छोइन भन्दैमा लत्याएर हिँडनु लर्तरो काम होइन । तिनीहरू ती विधवालाई भन्नु मान गर्न थाले । उनले सोधिन् 'तिमीहरू कहाँ हिँडेका नि ? तिमीहरूले त राति पनि केही खाएको देखिन, त्यसै सुत्थौ । मेरो पनि कोही साथी नभएकोले तिमीहरूनेर आएर सुत्ने । रातभरि तिमीहरूको माया लागि रह्यो ।'

भोटेले बढो आश्चर्य मानी सोध्यो ' तपाईंलाई हाम्रो माया किन लाग्यो ? हामी तपाईंको पोइ होइनौं, छोरा होइनौं, बाबु होइनौं ।' विधवाले भनिन् 'तिमीहरू मान्छे त हो ।' हिजो दिनभरि नखाएको पेटमा चिउराका कणहरू पर्दा सबै फुर्तिला भएर उत्साहसँग कराई कुरा गर्न थाले । बुढोले भन्यो 'नानी, हामीहरू चारजनाको केही नाता छैन । कसैको घर छैन । यता काम पाइन छाड्यो । कतै काम पाइन्छ कि भनेर हिँडेको । अहिले तिम्रा कुराले मधेस जानुपर्ने जस्तो लाग्यो । के भन्छौ साथी हो, मधेस भर्ने ? मधेसमा पेटभरि खान पाइन्छ ।

म एक चोटी भारी बोकेर मधेस गएको थिएँ । उतिखेर सबैले मधेस लाग्ने निश्चय गरे र पाँचैजना, चार लोग्ने मानिस र एक स्वास्थ्यी मानिस दक्षिणको बाटो लागे । बूढो आफ्नो वितेको जीवनका घटनालाई भन्यो । उसले एक चोटी निकै पैसा कमायो, सत्र रोपनी खेती गर्दथ्यो, पछि त्यसै विप्री विप्री आयो । त्यसबेला त्यो जवान थियो, निधारमा नाम्को हाली भरियाको काम गरी पेट भर्न सक्दथ्यो । अब त त्यो पनि सामर्थ्य छैन । नत्र यो बुढो यसै भोकभोकै हल्लिरहन्थ्यो र ? अब मर्ने बखत पनि भयो । पेटको ज्वाला खप्न नसकेर मात्र यताउति हिँडनु परेको ।

विधवाले भनिन् 'मेरो त मधेसमा गएर राम्ररी घरवार गरेर बस्ने इच्छा छ । सानो खेतबारी गऱ्यो । वहाँ खेती गर्न सजिलो छ रे । जग्गा पनि त्यसै पाइन्छ रे । यहाँ त सासूससुराका कचकचले अड्कनै सकिएन फेरि पोइ मरेको ठाउँमा त्यसै उच्चाट लागेर आउने ।' भोटे र धने यिनीहरूको कुरा चाख मानेर



सुनिरहेका थिए तर आफू केही बोल्दैनथे । गोरे थाकेजस्तो भएको थियो, त्यो सबभन्दा पछि गोडा घसारी हिँडिरहेको थियो । विधवा गोरेको निम्ति पर्खिन् । उनी थामिएपछि सबै थामिए । गोरे नजिकै आएपछि विधवाले भनिन् 'के थाक्यौ गोरे । घाम पनि अघोर छ । तिम्रो टाउको तात्या होला, लौ लेउ यो कपडा टाउकोमा राख ।' उनले आफ्नो टाउकोमा राखेको सेतो लुगा फिक्केर गोरेको टाउकोमा राखिदिइन् ।

फेरि सबैजना हिँड्न थाले । त्यो बुढो, बुढो भन्न मात्र थियो, त्यो सबभन्दा अघि अघि लमक लमक गरेर हिँड्थ्यो । भोटे र धने त्यसको दुवैतर्फ त्यसका कुरा सुनी सुनी हिँडिरहेका थिए । आफ्नो पछिल्लो जीवनको घटनालाई रुचाएर तिनीहरूले सुनेको देख्दा बूढो भन्नु सुरुएर भएनभएको कुरा गर्न थाल्यो । भोटे र धने पक्क परेर सुनिरहेका थिए । भिन्नभिन्न तिनीहरू बुढाको आदर गर्थे ।

विधवा र गोरे पछिपछि विस्तारविस्तार आइरहेका थिए । गोरेको उमेर पच्चिस वर्षको हुँदो हो, विधवाको तीस । गोरे धेरै नबोल्ने र लाज मान्ने स्वभावको थियो । त्यसको खपटे गाला धेरै दिनको कठिन परिश्रमले भन्नु तल भासिएको थियो । आँखा ज्योतिहीन थिए । विधवाले सोधिन् 'तिमी मधेस गएर के गर्छौ ?' गोरेले भन्यो 'कुन्ती ।'

विधवाले भनिन् 'के तिमी घरवार गर्दैनौ ? खेतीबारी गरी बस्न मन छैन ? गोरेले भन्यो 'पैसा खोइ नि ?' विधवाले भनिन् 'मधेसमा खेती गर्न त्यसै पाइन्छ । वहाँ खेत सितैमा पाइन्छ । तिम्रो उमेर के भयो होला र ? घरवार गर । स्वास्थ्यी पाल, छोराछोरी पाल । यस्तो उरन्टेउलो भएर कति दिन बिताउँछौ ?'

विधवाले फेरि एक्कासि प्रश्न गरिन् 'तिमीलाई स्वास्थ्यी मानिस मन पर्दैन ।' गोरेले टाउको उठाएर विधवातिर तीव्र दृष्टिले हेर्नो र भन्यो 'किन मन पर्दैन ?' विधवाले भन्न थालिन् 'म मधेस गएर खेतीबारी गर्छु । घरवार गर्छु, तर स्वास्थ्यी मानिसले मात्र घर बनाउन

सक्तैनन्, लोग्ने मानिस पनि चाहिन्छ । मेरो मनमा त्यसै यो विचार आयो किन हामी दुईजना मिलेर घर नचलाऔं ?' गोरेले विस्मयको दृष्टिले विधवालाई हेर्नो । विधवाले अलिक अप्रतिभ भएर भनिन् 'के म तिम्रो लायक छैन र ?' मेरो उमेर धेरै भएर के भयो त ? मैले आफ्नो शरीर जोगाएर राखेकी छु । मेरो लोग्ने मरेदेखि मलाई कसैले छुन पाएको छैन । मेरो सन्तान पनि कोही भएन, त्यसो हुनाले शरीर विग्रन पाएन ।' गोरेले चकित भै विधवालाई हेरिरह्यो । विधवाले भनिन् 'गोरे, मेरो धेरै दिनदेखि आफ्नो घर बनाएर बस्ने इच्छा छ । पोई चाँडै मरिदिए । आफ्नो इच्छा मुटुमै सुकेर जाला जस्तो भयो । म के छोराछोरी पाउन सक्तिन र ?' खोई मेरा छोराछोरी ? खोइ मेरो आफ्नो घर ? खोइ

मेरो आफ्नो मान्छे ?' विधवाको मुख अकस्मात रुन्चेजस्तो भयो । उनको मुख रातो भयो । मुन्टो तल गाडेर नबोली हिँड्न थालिन् । धेरै बेरसम्म उनीहरू नबोली हिँडिरहे । साँझ पर्ने बेला हुन थाल्यो । विधवाले निस्तब्धतालाई भङ्ग गरेर भनिन् 'गोरे मसँग अलिक गहना पनि छ, रूपैयाँ पनि छ, त्यसैले गएर खेती किनौला, घरवार बनाउँला, तिमी मेरो भयौ भने यो सब तिम्रो हुन्छ ।'

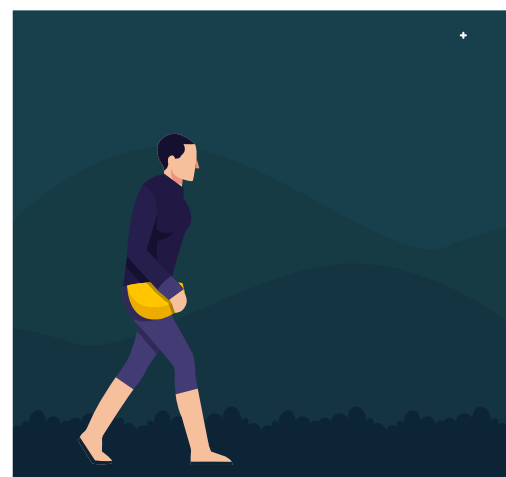
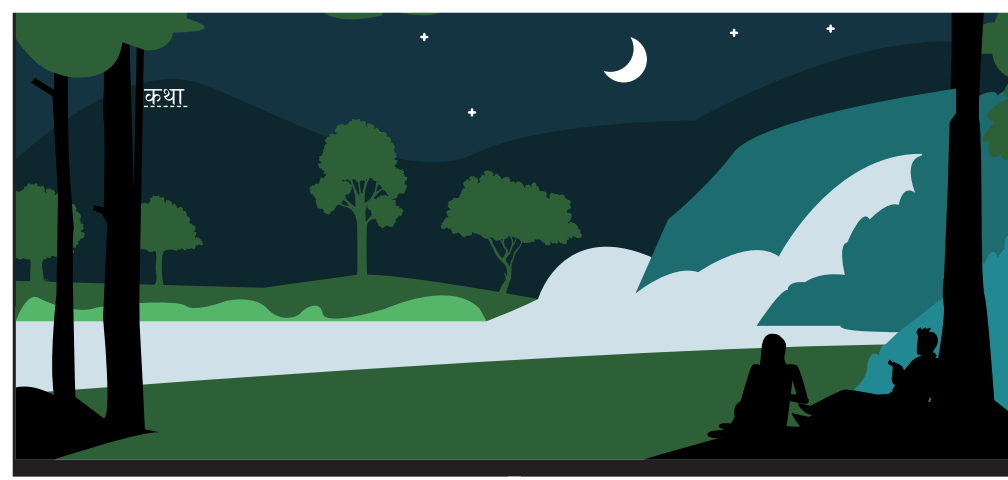
अलिक पर बुढो, भोटे र धने एउटा ठूलो ढुंगामा बसेर तिनीहरूलाई पर्खिरहेका थिए । उनीहरू आएको टाढैबाट देखेर बुढोले भन्यो 'अब बस्ने होइन? खाने के नि ?' सबैको दृष्टि विधवामाथि पच्यो । उनले भनिन् 'अलिकति चिउरा बँचेको छ, पेटभरि नभए पनि

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अलिअलि त थेग्ला ? ' तिनीहरु बसेर चिउरा फाँक्न थाले र आकाशलाई छानो बनाएर गुँडुल्किएर त्यहीँ बाटोको छेउमा सुते । दिनभरि हिँडेको हुनाले तिनीहरु लड्न पनि पाएका थिएनन् भुसुक्क निदाए । बिहान सूर्यको पहिलो किरणको साथसाथै बुढो उठ्यो र खोक्न थाल्यो । सब जना उठे । तर गोरेको पत्ता थिएन। विधवाले आत्तिएर सोधिन्, 'गोरे खोइ ?' बुढोले शान्त भएर भन्यो 'गयो होला कतै, अब हामी हिँड्नुपर्छ । अहिले खानलाई केही छैन । साँभसम्म त पुग्नुपर्छ । त्यहाँ केही खाने उपाय हुनसक्छ ।'

विधवाको हृदय भारी भयो र उनी बुढो, भोटे र धनेको हृदयहीनता देखेर छक्क परिन् । दुर्दिनको सङ्गी यसरी अल्पिदा यिनीहरुको मनमा अलिकता पनि दुःख नहुनु ? तिनी आफ्नो पोको बटुल्न थालिन् । उनको हृदय ढक्क भयो । उनको गहनाको पोको छैन ।

सबजना हिँड्न तयार भए । तर विधवा बसेर पोकाहरू बाँधबुँध मात्रै गरिरहेकी थिइन् । त्यो देखेर बुढोले सोध्यो ' के गरिराखेकी ? हिँडिहालौ नत्र साँभसम्म पुगिँदैन । भोकै

सुत्नुपर्ला । विधवाले रुन्चे स्वरमा भनिन् 'मेरो गहनाको पोको छैन ।' सबजना छक्क परेर विधवातिर टुलटुलु हेर्न थाले । बुढोले भन्यो 'तिमी गहनागुरिया लिएर कहाँ हिँडिकी त ? लग्यो होला गोरेले ? अब चोरिने कुरा चोरिहाल्यो । रोएर के गर्नु ?' विधवालाई त्यसको कुरा सुनेर रिस उठ्यो । उनले चिच्चाएर 'चुप लाग बुढा, त्यस गहनाले मैले के-के गरूँला भन्ने विचार गरेकी थिए – खेती किनुँला, विहा गरूँला, घर जमाउँला, छोराछोरी पाउँला मेरो सारा आशा नष्ट भयो ।'

यति भनेर डाँको छोडेर रुन लागिन् । बुढो तिनी भनेर गएर उनको काँधमा हात राखेर भन्न थाल्यो 'किन रोएकी नानी ? चोरिने कुरा चोरियो । मधेसमा केही उपाय भैहाल्छ । तिमीले पोइ पनि पाउँछ्यौ । तिम्रो घर पनि हुन्छ । नआत्तियो, लौ हिँड ।'

विधवा टोलाएर उभिन् र बुढोको पछिपछि लागेर हिँड्न थालिन् । त्यो टाढाको टाकुरामा पुगेर बुढोले बडो उत्साहसँग दक्षिणतिरको, आँखाले भ्याउन्जेलसम्मको, ठूलो विस्तीर्ण मैदानलाई देखाएर आफ्ना साथीलाई भन्न

विधवाले फेरि एक्कासि पश्न गरिन्, तिमीलाई स्वास्नी मानिस मन पर्दैन । गोरेले टाउको उठाएर विधवातिर तीव्र दृष्टिले हेच्यो र भन्यो ...किन मन पर्दैन ?

थाल्यो ' ऊ, त्यहीँ हो मधेस । त्यहीँ हाम्रो उद्धार हुन्छ । त्यहीँ हामीले अघाउन्जेल खान पाउँछौ ।' भोटे र धनेको आँखामा उत्साहको आभा दगुन्यो । भोकले सुकेको गालामा पनि आनन्दको गुलाफी देखियो । कानसम्म मुखको कुना पुऱ्याएर मुखभरि चाउरी पारेर तिनीहरु हाँसिरहे ।

तर विधवाको उत्साह थिएन । आफ्नो उमेर ढलिसकेको थियो । उनले तिनै गहना रुपैयाँको आकर्षणले कुनै युवकलाई तानेर आफ्नो बनाउने इच्छा गरेकी थिइन् । आफ्नो सानै उमेरदेखिको सपनालाई आफ्नो सानो घर, छोराछोरी सफल बनाउने इच्छा गरेकी थिइन् । सब तासको घरभै भताभुङ्ग भयो । उनले पनि देखासिकी गरेर उत्साहहीन दृष्टिले दक्षिणतिरको मैदानलाई हेरेरिन् ।

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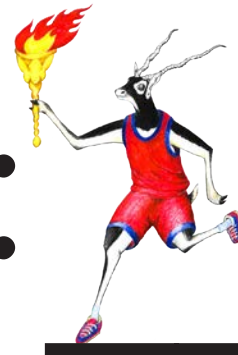
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अंग्रेजीमा एउटा भनाई निककै लोकप्रिय छ, 'लुजर्स ह्याभ रिजन्स एन्ड विनर्स ह्याभ रिजल्ट।' अर्थात हार्नेसँग कारणहरु हुन्छन र विजेतासँग नतिजा हुन्छ ।

खेलकुदमा यो भनाई ठ्याककै लागु हुन्छ । प्रदर्शन जतिसुकै राम्रो किन नहोस, कुनै खेलाडी वा टिमले पराजय भोगनुपर्यो भने त्यहाँ धेरै कोणबाट हारका कारण खोजिन्छन् । बचाउको प्रयास गरिन्छ । कमी-कमजोरी खोतल माथापच्ची गरिन्छ ।

ठिक विपरित विजेताले कुनै कारण खोज्नु पर्दैन । राम्रो खेले पनि, जतिसुकै कमजोर प्रदर्शन भए पनि कमी-कमजोरी छोपन अन्तमा उसँग नतिजा हुन्छ र त्यही नतिजामा खुसी मनाउने अवसर।

नेपाली खेलकुदले अहिले जितेको अवस्था छ । आफैले जन्माएको दक्षिण एसियाली खेलकुद (साग) को १३औं संस्करण आयोजना गर्दा नेपालले इतिहासमै सबभन्दा ठूलो नतिजा ल्याएको छ । घरमा आफ्नै समर्थकलाई साक्षी राखेर गर्व गर्न लायक स्मरणहरु साँचेको छ ।

५१ स्वर्ण पदक, ६० रजत पदक र ९५ कांस्य पदक गरी कुल २ सय ६ पदकको तथ्यांक यसपाली काठमाडौं, पोखरा र जनकपुरमा डिसेम्बर १ देखि १० सम्म सम्पन्न १३ औं सागमा नेपालले हासिल गरेको उपलब्धिको हो । यसअघि नेपालले ओलम्पिकको छातामुनी भएको कुनै पनि अन्तर्राष्ट्रिय खेलमेलामा हासिल गर्न सकेको थिएन ।

नेपाली खेलकुदसँग अहिले यो ऐतिहासिक उपलब्धिपूर्ण नतिजाको तथ्यांक छ। जसले टिम तयारी दौरान होस वा आयोजनाको ढिलाईमा अथवा खेलमेला दौरान भएका व्यवस्थापनका तमाम कमजोरीमाथि लिपपोत गर्दै खेलकुदमार्फत ३ करोडलाई नेपाली हुनुको गौरवबोध गराएको छ। तत्कालिन राष्ट्रिय खेलकुद परिषदका सदस्यसचिव एवं नेपाल ओलम्पिक कमिटीका अध्यक्ष सरदचन्द्र शाहको परिकल्पनामा १९८४ मा पहिलो पटक



नेपालले जितेका कुल ५१ स्वर्ण पदकमध्ये तेक्वान्दोबाट १२, करातेबाट १०, उमुबाट ५, पौडी र साइक्लिङबाट ४/४, एथलेटिक्स र बक्सिङबाट ३/३, जुडो, भारोत्तोलन, गल्फ र ट्रायथलनमा २/२ तथा पुरुष फुटबल र कुस्तीमा १/१ पदक हासिल गरेको थियो।

नेपालबाट दक्षिण एसियाली देशहरुको वृहत खेलमेला दक्षिण एसियाली महासंघीय खेलकुद (साफ) को नाममा सुरु भयो। शाहको परिकल्पनाअनुसार उनैको नेतृत्वमा प्रत्येक दुई वर्षमा पालैपालो सहभागि दक्षिण एसियाका सात देशले गर्ने योजनामा साफ सुरु भएको थियो ।

दक्षिण एसियाली देशहरुको आन्तरिक राजनीतिक, आर्थिक तथा भौगोलिक संरचनागत समस्या तथा पूरै क्षेत्रको सम्बेदनसिल भूराजनीतिक अवस्थाका कारण सुरुका सात संस्करणपछि साफ नियमित दुई वर्षमा हुन सकेन । आठौं साफ गर्ने पालो नेपालको थियो। तर नेपालले विभिन्न कारणवश त्यतिबेला आफैले प्रस्ताव गरेअनुसार समयको अनुसासन पालना गर्न सकेन ।

१०औं संस्करणबाट यसको नाम परिवर्तन भयो । सबै देशको सहमतिमा नामबाट महासंघीय शब्द हटाइयो। अर्थात अब दक्षिण एसियाली महासंघीय खेलकुद (साफ) बाट दक्षिण एसियालीखेलकुद (साग) का रूपमा नाम परिमार्जन गरियो। श्रीलंकाले फेरिएको साग नाममा १० औं संस्करण समयमै अर्थात २००६ मा कोलम्बोमा गर्‍यो। त्यसयताका आयोजक बंगलादेश, भारत र नेपाल कसैले पनि शाहको कल्पनाअनुसार समयको अनुसासन पालना गरेनन्। बंगलादेशले चार वर्षपछि २०१० मा ११औं संस्करण आयोजना गर्‍यो भने भारतले पनि १२औं संस्करण गर्न चार वर्ष लगायो ।

भारतमा २०१६ को फेब्रुअरीमा सम्पन्न १२ औं सागको समापन समारोहमा आगामी संस्करण दुई वर्षभित्र गर्ने वाचाका साथ भण्डा बोकेर आएको नेपाल पनि समयको अनुसासन पालना गर्नेमा फेरी चुक्यो। चार वर्ष पुग्न दुई महिनामात्र बाँकी रहँदा नेपालले तेस्रो पटक जन्मभूमि फर्किएको सागलाई स्वागत गर्न सक्यो।

साफ सुरु गर्दा आवधिक रूपमा खेलाडीलाई प्रतिस्पर्धाको माध्यमबाट निखार्ने, प्रतिस्पर्धाका लागि नियमित प्रशिक्षणमार्फत

खेलाडीलाई चुस्त पारिरहने, प्रतियोगिताको नाममा भौतिक पूर्वाधार निर्माण गर्ने, राष्ट्रिय एकता र गौरवलाई बढावा दिने, अन्तर्राष्ट्रिय जगतमा देशको सुप्रचार गर्ने तथा क्षेत्रीय भाइचाराको विकास गर्ने लगायतका उद्देश्य राखिएका थिए। यस्तै योजनाका साथ शाहले नै २०३८ सालबाट राष्ट्रिय खेलकुदको पनि जग हालेका थिए ।

सुरु गर्दाको उद्देश्यपूर्तिमा साग थुप्रै पक्षमा चुकेको छ । सागले नेपालदेखि नेपालसम्मको ३५ वर्षे यात्रामा १७ संस्करण सम्पन्न गरिसक्नुपर्ने थियो। अन्तर्राष्ट्रिय रुपमा सबै सहभागि देशको पक्षबाट हेर्दा समयको अनुसासन पालनामा साग चुक्यै आए पनि नेपाली नजरबाट भने यसले स्थापनाकालमा राखिएको उद्देश्यपूर्तिमा प्रभावकारी काम गरिरहेको छ ।

नेपाल बक्सिङ संघका पूर्व अध्यक्ष एवं नेपाल ओलम्पिक कमिटीका पूर्व सहमहासचिव राजीव श्रेष्ठले भर्खरै विदा लिएको १३औं सागको प्रशंग उल्लेख गर्दै नेपाल आफ्नो उद्देश्यमा सफल भएको दावी गरे ।

‘१३ औं सागकै लागि भनेर हामीले दशरथ रंगशाला, हिटिड सिस्टमको पौडी पोखरी,

कीर्तिपुरमा कभर्डहल, पोखरामा कभर्डहल, पोखरा रंगशाला, एथलेटिक्स ट्याकजस्ता पूर्वाधार पाएका छौं। आठौं साफका बेला पनि रंगशाला पूर्णनिर्माणका साथै सातदोबाटोको अन्तर्राष्ट्रिय खेलकुद परिषद बनेको थियो,’ प्राविधिक समितिमा रहेर सागमा काम गरेका श्रेष्ठले भने, ‘आठौं साफको संरचनाले हामीलाई अहिलेसम्म थगेको थियो। भुइचालोले भल्किएपछि नेपाली खेलकुद समस्यामा थियो । तर अहिले १३औं सागमा बनाएका पूर्वाधारले आगामी केही दशकसम्म नेपाली खेलकुदलाई शेवा दिनेछ ।’

धेरै भन्दा धेरै पदक जितेर राष्ट्रिय गौरव तथा एकताको भावना जगाउन पनि साग सफल भएको उनको तर्क छ। आठौं साफ आयोजना गर्दा ३१ स्वर्णका साथ दोस्रो भएजस्तै यसपाली पनि ५१ स्वर्ण पदकसहित दोस्रो स्थान हासिल गर्नु नेपाली खेलकुदका लागि ठूलो उपलब्धिपूर्ण नतिजा भएको उनले बताए ।

‘आठौं साफमा हामीले दोस्रो स्थान हासिल गर्‍यौं । पूरा देश खेलकुदमय भयो। नेपाली खेलाडीहरूको जितमा पूरा देशले एकजुट भएर खुसी मनायो। यसपाली पनि हामीले त्योभन्दा ठूलो उपलब्धि हासिल गर्दा नेपाली खेलाडी र टिमको जितमा पूरा देश एकजुट भयो। पूरा

देशमा खेल संस्कार बसाल्न यसले जग निर्माण गर्‍यो,’ श्रेष्ठले थपे, ‘समयमा गर्न नसकेर दुई पटक मिति सरिसकेको अवस्थामा तेस्रो पटक चाँही हामीले समयमै साग आयोजना गर्‍यौं। सात हजारको हाराहारीमा विदेशी खेलाडी, खेलकर्मी र पत्रकारलाई नेपालमा आतिथ्य दियो। नेपाल भ्रमण वर्षको पूर्वसन्ध्यामा भएको यो खेलकुम्भले अन्तर्राष्ट्रिय जगतमा नेपालको प्रतिष्ठा उचो पार्न पनि ठूलो योगदान गरेको छ ।

नेपालले जितेका कुल ५१ स्वर्ण पदकमध्ये तेक्वान्दोबाट १२, करातेबाट १०, उसुबाट ५, पौडी र साइक्लिङबाट ४/४, एथलेटिक्स र बक्सिङबाट ३/३, जुडो, भारोत्तोलन, गल्फ र ट्रायथलनमा २/२ तथा पुरुष फुटबल र कुस्तीमा १/१ पदक हासिल गरेको थियो ।

नेपालले आयोजक भएको फाइदा उठाउँदै आफू अनुकुल खेल र विधा थपेर धेरै पदक जितेको को आलोचना पनि भयो । अधिल्लो संस्करणमा हटाइएको कराते पुन समावेश गर्नु, तेक्वान्दोमा आफू अनुकुल हुने गरी पुम्सेका विधाहरू समावेश गर्नु, साइक्लिङमा आफूले जित्ने सम्भावना भएका डाउनहिल र क्रसकन्ट्री विधा थप्नुका साथै कुस्ती र उसुजस्ता खेलमा पनि नेपालले आयोजक हुनुको फाइदा उठाएको





तर्क गरियो। तर खेल विज्ञ सञ्जिव मिश्र यसलाई खेल भावना अनुरूपको कदम मान्छन् । भन्छन्, 'आयोजकले आफू अनुकूल खेल समावेश गर्ने चलन विश्व खेलकुदकै हो । हामीले कुनै नयाँ ठगी गरेका होइनौं । कराते ओलम्पिकमा कहिल्यै थिएन, तर अर्को वर्ष टोकियोमा हुने ओलम्पिकमा जापानले कराते समावेश गरेको छ। जापानले आफू बलियो भएको र आफ्नो पहिचानका रूपमा स्थापित भएकाले कराते समावेश गरेको हो । त्यही अनुसार हामीले पनि केही खेल अरु सबै सहभागिको सहमतिमा थपेको हो ।'

एथलेटिक्सका वरिष्ठ प्रशिक्षक एवं नेपाली खेलकुदको अध्ययन/अनुसन्धानमा लामो समय विताएका सुशीलनरसिंह राणा भन्छन्, 'एथलेटिक्सको लामो दुरीमा म्याराथनबाहेक हामीले जित्नै सक्दैनौं भन्ने थियो। पौडी भन्ने खेल हाम्रा लागि होइन भन्ने भावना थियो । भारोत्तोलनमा पनि हामीलाई सजिलो कहिल्यै थिएन। तर यसपाली हामीले ति खेलमा पनि राम्रो नतिजा ल्याएका हौं। यो हाम्रो खेलकुद सही बाटोमा छ भन्ने कुराको प्रमाण हो । कहिल्यै नसकेका खेलबाट यसपाली हामीले नेपाली जनतालाई खुसी प्रदान गरेका छौं ।'

हामी सक्छौं

मिश्र केही खेलका नतिजामा आलोचकले औला उठाए पनि नेपालले कहिल्यै व्यक्तिगत स्वर्ण पदक जित्न नसकेको पौडीमा गौरिका सिंह एकलैले चार स्वर्ण पदकका साथै तीन रजत र तीन कांस्य पदक जित्नु, पौडीमै डुवाना लामाले रजत जित्नु, एथलेटिक्समा सन्तोषी श्रेष्ठ, गोपीचन्द्र पार्की र किरणसिंह बोगटीले

जितेका स्वर्ण, भारोत्तोलनमा सञ्जु चौधरी र विकास थापाले जितेका स्वर्ण पदकको वजन धेरै भएको बताउँछन् । एथलेटिक्स, पौडी र भारोत्तोलनजस्ता खेलमा नेपाल कमजोर रहँदै आएको र यी खेलमा कुनै बढ्यार्थको सम्भावना नरहने यथार्थ कोट्याउँदै पुरुष फुटबलमा स्वर्ण पदक रक्षा गर्नु र महिला भलिबलको रजत पदकसम्मको यात्राले पनि नेपालीमा 'हामी सक्छौं' भन्ने भावना पैदा गराएको उनको बुझाई छ ।

५१ स्वर्ण पदक, ६० रजत पदक र ८५ कांस्य पदक गरी कुल २ सय ९६ पदकको तथ्यांक यसपाली काठमाडौं, पोखरा र जनकपुरमा

डिसेम्बर १ देखि १० सम्म सम्पन्न १३औं सागमा नेपालले हासिल गरेको उपलब्धिको हो। यसअघि नेपालले ओलम्पिकको छातामुनी भएको कुनै पनि अन्तर्राष्ट्रिय खेलमेलामा हासिल गर्न सकेको थिएन।

खेल विश्लेशक एवं खेल विज्ञान तथा शारिरिक कृयाकलापको अन्तर्राष्ट्रिय परिषदका एकमात्र नेपाली सदस्य दीवाकरलाल अमात्य भने यसपालीको उपलब्धिलाई चुनौतीका रूपमा लिन्छन् । उनको विचारमा यसपाली आफू आयोजक हुँदा स्वभाविक रूपमा पाइने प्रशासनिकलगायत मौसम, घरेलु समर्थक, धरेलु वातावरणलगायतको फाइदासमेतको योगदानमा हासिल गरेको ऐतिहासिक उपलब्धि एउटा फगत संयोग होइन भन्ने प्रमाण नेपाली खेलकुदले दुई वर्षपछि पाकिस्तानमा हुने १४ औं संस्करणमा पनि दिन सक्नुपर्नेछ ।



Himalaya Airlines geared up to meet the demand for inbound and outbound travelers from China this season, by introducing their thrice weekly scheduled flight from Kathmandu to Beijing, the capital city of People's Republic of China.

The airline launched its maiden flight on October 27, 2019, establishing the historical direct connectivity between the capital cities of the two countries.

Beijing connectivity is a major shift in Himalaya Airline's business strategy of network expansion. China is an important trade partner for Nepal besides being the second largest market for tourist arrivals to Nepal. Total 169,543 Chinese tourists visited Nepal in 2019. In recent years, the demand for seats has grown exponentially amongst both business and leisure passengers, not only increasing tourism traffic and revenue but also promoting vital trade agreements between the two countries.

This growth in Airlines' network follows the revised Air Services Agreement between the Government of Nepal and China in July 2019, which opened up five new points

in China for the Nepali airline companies for 2019 and three more for the year 2020. This recent revision in ASA as well as the newly opened Daxing International Airport in Beijing has essentially given a way forward for Himalaya Airlines.

Mr. Yogesh Bhattarai, the Honorable Minister for Ministry of Culture, Tourism and Civil Aviation, Her Excellency Ms. Hou Yanqi, the Ambassador of People's Republic of China to Nepal and Mr. Kedar Bahadur Adhikari, Secretary – MOCTCA along with the high ranking officials from CAAN and TIA were present for the pre departure inaugural flight cake cutting ceremony organized at the Radisson Airport Restaurant.

Mr. Zhou Enyong, the President of Himalaya Airlines welcomed the invitees and shared "I feel overwhelmingly excited and proud that we are embracing Himalaya Airlines' KTM-PKX maiden flight on this auspicious occasion of Tihar festival, witnessing together this historical moment of first direct air service between the two capitals of Nepal and China. This flight will certainly attract more Chinese tourists, especially from North China to visit Nepal. This

Honorable Minister Mr. Yogesh Bhattarai congratulated Himalaya Airlines for this important connectivity with China which will contribute to the targeted tourist arrivals of 200,000 Chinese travellers for VNY 2020.

route is expected to ship over 40,000 Chinese passengers a year to Nepal to spend money on travel and, to make investment or have business cooperation here, which will create a new engine for the development of the tourism industry chain and for all kinds of economic activities in Nepal."

Wishing for the successful operation of this direct connectivity, Her Excellency Ms. Hou Yanqi stated "Nepal is an important international tourist destination and among the South Asian countries it is also the



first choice to travel for Chinese tourists.”



Acknowledging the support extended by all the Government offices, Mr. Vijay Shrestha, VP – Administration commented “We are extremely happy to spread our wings to China. The addition of this route to Beijing is a part of our wider commitment to VNY 2020, by attracting more Chinese tourists to the country. In the context of BRI as well, Himalaya aims to open up the new avenues for corporate and industrial sector. We are planning to go to three new destinations: Guiyang, Changsha and Nanchang soon to make a better access to the China Market. The new flight to Beijing will provide seamless connectivity options for business people as well as tourists from China, offering yet more choice and convenience to our passengers. We are sure this new service will be the most sought after connection while visiting China”



“Similarly, the inaugural ceremony for Beijing - Kathmandu flight was also held at the newly opened Daxing International Airport (PKX), where the maiden flight was inaugurated in the presence of H.E. Mr. Lila Mani Poudel, Ambassador of Nepal to China & other Embassy Officials as well as the Chairman of Himalaya Airlines Mr. Qi Tengwu.”

STRENGTHENING CHINA SECTOR

China is one of H9's main target markets. Marching ahead in line with the business strategy to strengthen Nepal's connectivity with China, H9 penetrated to three new cities in China: Guiyang, Changsha & Shenzhen. The airlines started direct flights to these cities within a short period following their first connectivity with the Capital city: Beijing. The direct flights to Guiyang, Changsha & Shenzhen were launched from November 19, November 20 & December 28, 2019 respectively. Himalaya is the only airline operating direct flights from Kathmandu to these cities. The new services therefore offer swift & seamless options to both Chinese as well as Nepalese travellers from both trade and tourism market.

The new flights to these destinations provide evenly timed schedules distributed throughout the week to provide a mix of weekend, short stay and business travel options.



RESUMPTION OF SERVICE TO **KUALA LUMPUR**

The scheduled service has convenient timings and the Free Baggage Allowance for both the routes is 40 Kg for Business Class and 30 Kg for Economy Class.

Himalaya Airlines, a Nepal - China joint venture international airline, resumed its much awaited flight to Kuala Lumpur, Malaysia from December 09, 2019. The airlines first operated to Kuala Lumpur from February 10, 2017 but suspended the operation from November 2018 due to discontinuation of labor visa permit to Malaysia. The airlines re-connected the sector with the aim of boasting VNY 2020 campaign by capturing the outbound tourism potential of the country into Nepal. With the new flights, the airlines believe to serve the passengers better and strengthen the connectivity of Nepal in Asia Pacific Region. Attracting numerous tourists towards the city every year,

Kuala Lumpur is one of the most preferred holiday destinations among Nepalese Outbound travellers.



Mr. Vijay Shrestha, Vice President – Administration states “We are excited to re-launch the direct flights between Kuala Lumpur and Kathmandu. We hope this resumption will boost the significant commercial

opportunity that exists for travelers in both the nations enhancing trade, manpower and tourism. There is a strong demand from both the markets on the route and with the revised MOU between two Governments; the passenger traffic is bound to increase. This connectivity is expected not only to cater to a large number of Nepalese working in Malaysia but also to increase the inflow of the leisure travelers. We hope to provide convenient and economical connection with Nepalese hospitality to all our valued passengers. This resumed operation is our yet another effort in line with H9's strong commitment towards contributing for VNY 2020's International arrival targets.”

H9 NETWORK



EMERGENCY CONTACTS FOR H9 DESTINATIONS

ABU DHABI UAE

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

DOHA QATAR

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

DHAKA BANGLADESH

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

BEIJING CHINA

Police: +86-10-110
Ambulance: +86-10-120
Fire: +86-10-119
Airport Taxi: +86-10-96106
Customs: +86-10-81319342
Tourist Information Headquarter: +86-10-12301
Hospital: +86-10-114
Embassy of Nepal: +86-10-65321795
Tourist Police Hotline: +86-10-84020101

DAMMAM SAUDI ARABIA

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

KATHMANDU NEPAL

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

KUALA LUMPUR MALAYSIA

Police: 999
Ambulance: 999
Fire: 999
Airport Taxi: +6011-1889-8893
Customs: +03-8787-2312
Tourist Information Headquarter: 03-2693-5188
Hospital: +6038-9475-555
Embassy of Nepal: 03-2020-1899
Tourist Police Hotline: 03-2149-6590

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.



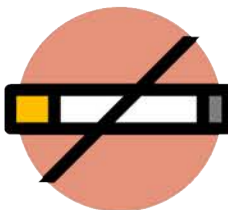
ENTERTAINMENT

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.



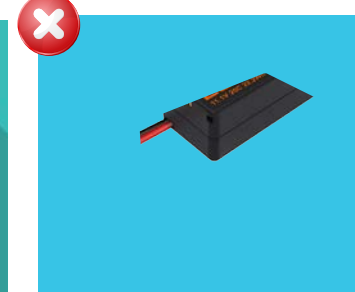
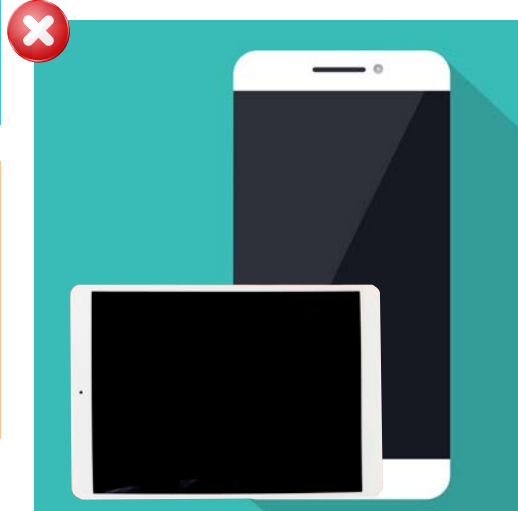
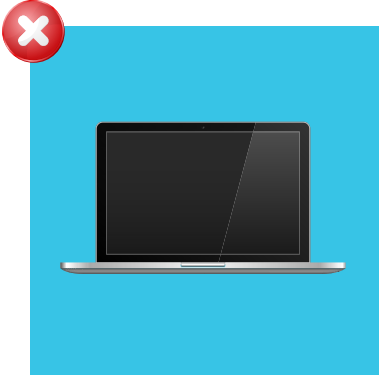
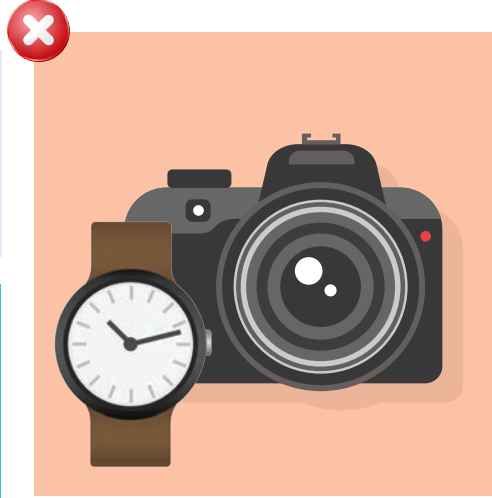
PREGNANT PASSENGER

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**.

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



DO NOT
put them in your
CHECKED-IN BAGGAGE

यी सामानहरु आफ्नो
चेक ईन बेगेजमा नराख्नु होला ।

Put them with you
in your
CARRY ON BAGGAGE

यी सामानहरु 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 ब्याट्रीहरु 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 ब्याट्रीहरु हाते भोलामा लैजान पाउने छ तर हरेक ब्याट्री १०० वाट घण्टा (Lithium ion) अथवा २ ग्राम (Lithium metal) भन्दा कम हुनु पर्दछ ।

NEPAL FACTS

Nepal Tourism Board

The Federal Democratic Republic of Nepal is a landlocked country in South Asia. It is bordered by China to the North, and India to the South, East and West. The Himalaya mountain range runs across Nepal's Northern and Western parts and eight of the world's ten highest mountains, including Mount Everest, are within its territory. The total area of Nepal is 147,181 sq km. The elevation of Nepal starts at 70m above sea level and reaches 8,848 m at the roof of the world, Mt. Everest. Nepal has a population of about 30 million people of 126 ethnic communities speaking 123 languages. There are seven provinces in the country and the capital is Kathmandu.

Coming to Nepal is coming to an experience that is only yours. From the remotest corners to the urban landscape, Nepal embodies a sensory experience of colors, sounds, sights and tastes. Adventures of a lifetime await you in a culture that is deeply celebratory as it is spiritual. Arts, crafts and music abound as do quiet moments of reflection and learning. Climb mountains, gaze at the stars, go shopping, learn a new craft, ride the rivers, indulge in luxury. Visit Nepal 2020 welcomes you to life's amazing moments.



DANCING WITH THE GODS

You will come across stories of Gods and Goddesses as you walk the streets and alleys of Nepal. Where each day is a celebration of life, there are numerous festivals throughout the year. The sounds of drums and cymbals, the flute players, the masked dancers and the quiet hum of sacred chants permeate the air in processions and parades that celebrate the culture and heritage of the nation. Nepal is home to the living Goddess, the Kumari – a manifestation of female divinity, who is venerated and worshiped by devotees across the country.



CRAFTS AND CREATIONS

Exquisite handicrafts flourish in Nepal. From handmade Lokta paper to woven Dhaka shawls and pashmina, from artistic silver and metal ware to stone carvings, wood works and paintings, there is something magical in the handcrafted products which carry skills that have been passed down generations to retain their authentic traditional roots. You can purchase these products from a hotel store, street shops as well as custom souvenir and handicraft stores and emporiums.



SPIRITUALITY

Nepal can be a journey of true self discovery. The smell of incense, prayer flags in the wind, the chime of distant bells, butter lamps, the rotation of prayer wheels and mystical chants permeate centers of spiritual learning, monasteries and temples.

The birthplace of Buddha, Lumbini and the abode of Shiva, Nepal is a divine experience. Meditation, yoga, a temple stay or a spiritual sojourn, it draws believers and free thinkers alike.

Nepal is home to the living Goddess, the Kumari – a manifestation of female divinity, who is venerated and worshiped by devotees across the country.



FOOD EXPEDITIONS

Eating can be a joyful experience in Nepal. From multi cuisine and specialty restaurants and bars about town to home cooked meals from traditional kitchens, there's a huge variety of street food to choose from too.

Any time is momo time. Momos are traditional dumplings that can be found in remote tea houses and with equal élan at high end restaurants. From freshly caught river fish to dried smoky meats and yak cheese, from freshly grown garden vegetables and herbs to crunchy mountain apples, from home brewed spirits to the beautiful selection of teas, there's a whole lot waiting for your palate to savor



ADVENTURE IN THE MOUNTAINS & RIVERS

From the highest mountains in the world to amazing trekking trails, mountaineers, trekkers and adventurers seek out the Himalayas every year during climbing season. Nepal also offers some of the best white water adventures – rafting and kayaking on thrilling waters and gentle rapids. Dirt biking, sky diving, Asia's second highest bungee jump, the world's highest hotel and high altitude races make the country one of the most sought after destinations for an adrenalin rush.



WILD ENCOUNTERS

Explore the lush jungles of the national parks in Chitwan, Bardia and Rara on elephant backs or jeep safaris to spot rhinos grazing in the wild, crocodiles along swampy rivers, and tigers on the prowl. The wetlands of the Koshi Tappu Reserve are a bird watcher's delight. Up in the mountains of Manang, you can follow the trail of the mountain goats, yaks and the elusive snow leopard. Wake up to the sounds of the forest and sink into the evening with an amazing sunset.

6 INFLIGHT ETIQUETTES FOR SEAMLESS FLYING EXPERIENCE

From seat duties to seat privileges, reclining etiquettes to storing your carry-ons—all the information needed to make you a smarter flyer.



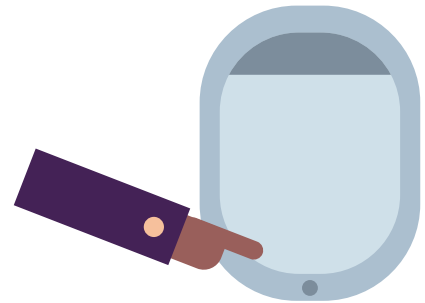
MANAGING THE OVERHEAD-BINS

Keep only one carry-on baggage in the overhead-bin and ensure that it is placed vertically so as to make space for others. If you have an additional smaller bag with you, place it under the seat in front of you.



DON'T CROWD IN ON THE AISLE

Once you board the plane, be sure to place your carry-on baggage in the overhead-bin and be seated as soon as possible. This might not give you a chance to take out your electronics, snacks for your mid-flight cravings, or the book that you had planned to read, but you could always look for those items once the plane takes off. Be sure to use the lavatory when the aisles are clear because getting up while the attendant is pushing the cart through can result in quite a conundrum in the path. Aisle seat passengers may enjoy easy access and extra leg space but their added comfort comes with the additional responsibility of controlling the entry and exit of passengers. This is what you signed up for when you picked the seat, so be kind to your fellow passengers no matter how many times they leave their seat.



WINDOW-SEATERS DON'T OWN THE WINDOW SHADES

It isn't just the aisle seat passengers that bear the main responsibility in the row, the window seat passengers must ask others in the row whether they want the window shades open or closed. In the case of contrasting opinions, you could switch seats so that everybody is comfortable with the lighting.



SPARE THE ARMRESTS FOR THE MIDDLE SEATERS

With the aisle-seaters getting the extra leg space and the window-seaters getting the extra headspace, the unlucky middle-seaters are left with none. So let them have the armrests, they deserve it!



DON'T RECLINE YOUR SEAT UNLESS ABSOLUTELY NECESSARY

Reclining not only takes up space from the passenger behind you, but also startles the passenger if they are working or eating. So get a comfy travel pillow for a good sleep, and if you must recline then inform the passenger sitting behind you. Ensure that your seats are upright during all mealtimes.



DEBOARD IN A CALM AND CIVILISED MANNER

You may have been waiting for the year for this vacation, or maybe coming back home after ages, or you just may have had the scariest or weariest flight experience—everyone's eager to get off that giant aluminium tube, but disembarking can be quite chaotic if we fail to cooperate. So help out your fellow passengers in taking their carry-ons out from the overhead bins, and let the passengers with seats in front of you to pass through first.

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