

Danfe

ISSUE 13
JAN-MAR 2023



BHADAI PURNIMA | THE ESSENTIALS



SHREE BALAJI DIAMOND



हिमालय एअरलाइन्स
HIMALAYA AIRLINES

INFLIGHT MAGAZINE
COMPLIMENTARY COPY

The background of the entire page is a high-angle, nighttime photograph of a city skyline, likely Dubai. The sky is a deep, dark blue. Numerous skyscrapers are illuminated with various colors of light, including blue, yellow, and red. A prominent feature is a very tall, slender tower with a series of red lights along its top edge. Other buildings have glowing windows and architectural details. In the foreground, there are some lower-rise buildings and what appears to be a parking lot or a plaza area. The overall scene is vibrant and modern.

EXPLORE

UAE

Hello Himalaya Travel & Tourism LLC Dubai (GSA - Himalaya Airlines), is a dominant player known for supreme travel offers, customized tours, and many other leisure plans with a seamless experience and affordable budget. Hello Himalaya evolved as an establishment to develop and impart unanimous travel and tour services in the industry. With advanced tour travel and tour management systems and expert consultants, we continue to extend impeccable travel and tour solutions to clients seeking any for destination across the globe.

01 Tourist Visa

- ✓ 30 Days, 90 Days
- ✓ 30 Days, 90 Days inside
- ✓ 30 Days, 90 Days Multiple Entry Visa

02 Holiday Packages

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

03 Holiday Packages

- ✓ Dubai city tour
- ✓ Desert safari
- ✓ Dhow Cruise Dinner
- ✓ Burj Khalifa
- ✓ Skydive
- ✓ Ain Dubai
- ✓ Ferrari World
- ✓ Yas water world
- ✓ IMG world
- ✓ Ski Dubai
- ✓ Hot air balloon
- ✓ Aqua Venture + Lost chamber

**CRUISE BOOKINGS | TRAVEL INSURANCE | MICE | MEET & GREET SERVICES |
CAR RENTAL | PILGRIM PACKAGES**

📍 Souk Al Kabeer Building, Near Al
Ghubaiba Bus Station, Bur Dubai,
Dubai, United Arab Emirates.

✉ sales.dxb@himalaya-airlines.com
☎ +971 04 3550826
☎ +971 050 7834231 | 056 7834428

🌐 hellohimalayatravels
📱 hellohimalayatravels



HOTEL FACILITIES:

- 24 Hour Air Conditioning
- Minibar
- Working Desk and Chair
- Cable TV
- 43 -Inch LED TV
- In-Room Safe
- Free High Speed Wifi
- Lan Access
- Coffee/ Tea Maker
- 24 Hour Room Service
- Daily Newspaper
- Jacuzzi (Selected Rooms)
- Hairdryer
- Telephone
- Wardrobe
- Free Toiletries
- No Smoking
- Bathrobe & Slippers
- Rainshower
- Parking - Valet
- Dry cleaning service
- Laundry
- Business Center
- Fitness Center and SPA
- 24 hour front desk
- Rooftop Dining
- 3 F&B Outlets
- Private Dinings
- Conference Halls
- Swimming Pool



BASERA BOUTIQUE
HOTEL

Note :Free airport pick up and drop.
Free Rooftop swimming pool to in-house guests.

+977 1 5705626 +977 9851234862
Kathmandu, Nepal
www.baseraboutiquehotel.com.np
email- info@baseraboutiquehotel.com.np

TUBORG



**OPEN
TO
MORE**

PRESIDENT'S LETTER



Namaste Atithi,

Welcome onboard!

At the outset, I wish you a very happy, prosperous, and healthy 2023. Himalaya Airlines looks forward to the New Year with great hope, continued expansion, and undeterred growth. As we fly ahead into 2023, looking into the rear-view mirror of 2022 is inevitable because this is where we find H9's golden moments carved in history.

2022 was a year of numerous 'firsts' for us as we paved path and set benchmarks in different sectors of the Nepali aviation industry. It is a privilege for us to share with you that H9 became the first airline in Nepal to achieve ISO 9001:2015 QMS certification by the end of 2021 which we were able to share with our valued passengers by early 2022.

Similarly, it is a matter of great pride for us to be able to operate commercial flights from Gautam Buddha International Airport as the first international airline from Nepal. By the end of the 2022, we also became the leading airline from Nepal to start on board sales of merchandise, food and beverages for the better flying experience of our passengers. Further, the more fulfilling angle of it is that the astounding reaction that we have received from you has definitely motivated us to serve you better.

So, with the gratification of our previous year's achievements, we move ahead! Our entire team looks forward to immense action in terms of business growth, network expansion, and customer engagement. Enabling our passengers to explore and enjoy affordable flying has always been our utmost priority and every year this commitment grows stronger.

Please stay tuned to our official website and social media channels for the latest updates!

We heartily thank you for choosing Himalaya Airlines and hope to see you onboard soon again.

Thank you.

A handwritten signature in black ink, appearing to be the name '周恩勇' (Zhou Enyong) in Chinese characters.

ZHOU ENYONG

PRESIDENT

**10** ↑**FLY HIGH WITH CAPTAIN HAO DI**

After graduating from the best aviation university in China, Captain Hao studied flying in Australia, a country which is known for the best aviation safety culture and record.

**19** ↑**STAY HOT WHEN ITS CRAZY COLD**

These days, men and women of all ages around the city are found to be extremely fashion-conscious. After all, who does not want to be dressed well all the time and more so, appropriately according to the season and occasion?

22**GIVE YOUR HUNGER A NEW TASTE**

The advent of technology and smartphones have enabled the development of user-friendly apps which have also unlocked ready-to-eat food delivery as a major category.

30**THE TASTE AND ETHOS OF THE ARABIAN WORLD**

Popular tourist destinations like Riyadh and Jeddah make sure that visitors to the Kingdom may eat at international restaurants and fast food favorites while still enjoying the authentic taste of Saudi Arabia locally.

34

BHADAI PURNIMA

THE STORY OF MANMA

Bhadai Purnima is a major festival celebrated by the people of Jupal to honour the existence of their local god (Manma) through a series of rituals, worship, and sacrifices.

38

REFLECTING BACK TO 2022

TOURISM IN NEPAL

Just before the Corona virus outbreak, Nepal had 1 million tourist arrivals. This was one of the major achievements for the Nepali tourism industry.

42

BEFORE YOU START YOUR TREK

THE ESSENTIALS

Nepal has long been a trekking lover's dream destination. Without a doubt, one of the most beautiful trekking areas in the Himalayas is the Annapurna Base Camp Trek.

FESTIVAL/EVENT

CALENDAR

JANUARY



01 New Year 2023

The first day of the modern Gregorian calendar is celebrated as the New Year. The countdown to the year 2023 is all set to begin. Let's ring in this year with resolutions to change for the better or preserve the best of what we have!

15 Makar Sankranti

The first festival of the calendar year 2023, this auspicious occasion marks the transit of the sun into the capricorn, signaling the end of the month with the winter solstice and the start of longer days.

22 Sonam Lhosar

Known as the festival of the Tamangs, it signifies the beginning of the new year for them. Praying at the monasteries and visiting the elder members of the family is a common tradition. The traditional Tamang drum, Dhampu, is played while a traditional dance, Tamang Selo, is performed as part of the celebration.

26 Basanta Panchami

Mostly celebrated by Hindus and Sikhs, this festival marks the arrival of spring. It is also celebrated as Saraswati Puja in honor of the Hindu goddess Saraswati, who is known as the goddess of wisdom.

FEBRUARY



18 Shivaratri

The name alludes to the night when Shiva performs the celestial dance known as Tandava and is dedicated to Lord Shiva, who is also referred to as the ultimate in Hinduism. The day before the new moon is when it is observed, and it is also renowned as "Maha Shivaratri" or "The Great Night of Shiva".

21 Gyalpo Lhosar

The Tibetan New Year is celebrated during Gyalpo Lhosar. It starts on the first day of the first lunar month of the Tibetan calendar, which consists of twelve lunar months. On the 29th day of the calendar's 12th month, Lhosar festivities get underway. Most Sherpa, Tamang, Bhutia and Yolmo people in Nepal participate in the celebration of Lhosar. Every community and location celebrate holidays in a unique way.

MARCH



06 Fagu Purnima

Holi, the Hindu "Festival of Colors", is celebrated on the last full moon day of the Hindu lunar month, usually in early March. Holi is also known as Dorjatra or Dra Purnima in some states. Known as Fagu Purnima in Nepal.



21 Ghode Jatra

In Nepali, 'ghode' means 'horse' and 'jatra' means a kind of festival. Hence, combining these terms, Ghode Jatra is said to be a festival of horses or a festival of horses. Generally, Ghode Jatra is considered a jatra (festival) of the Newar community. However, both inside and outside the Kathmandu Valley celebrate the Jatra of horsemanship and festivals.



Danfe

For Advertisement Queries

Email: danfe@himalaya-airlines.com
Phone: +977 1 4004000 Extn: 971

PUBLISHER

Himalaya Airlines Pvt. Ltd.
Gairidhara-2, Kathmandu, Nepal
P. O. Box 20299
Tel: +977-1-4004000, +977-1-4423032
Website: www.himalaya-airlines.com

THE TEAM

Editor in Chief: Mr. Vijay Shrestha
Corporate News Editor: Ms. Ujjwala Dali
Managing Editor: Ms. Jyoti Sharma
Content, Marketing & Promotion: Ms. Aaditi Khanal
Design & Creation: Mr. Bibek Duwal

FOR EDITORIAL FEEDBACK

danfe@himalaya-airlines.com

PRINTING

Classy Printing Press Pvt. Ltd.
Radhe Radhe, Kathmandu
Tel: +977-1-4780374, +977-1-4787457
Email: classyprintingpress@gmail.com

COVER PICTURE DETAIL

Cover Model: Sushma Sherpa
Photographer: Suzan Shrestha
Makeup Artist: Nilima Basnet
Hair Artist: Durga Malla
Stylish: Marcus Tamang
Assisted By: Deepu Shahi

Danfe magazine is published four times a year. The publisher reserves all rights in respect to all articles, illustrations, photography, etc. published in the Magazine. The views/ideas expressed herein are those of the author's and are not necessarily those of the publisher's. While every precaution is taken, no responsibility is assumed for the return of the unsolicited material. The contents of this publication may not be reproduced in any form without prior consent of the publisher.

FLY HIGH WITH

CAPTAIN HAO DI

THE VICE PRESIDENT OF OPERATIONS



There are many
successful airlines
in the world, but
no success can be
replicated, they are
all unique

As a child, he loved watching planes fly overhead. From an early age, he was fascinated by flying. He believes that airplanes are not only excellent works of human mechanical engineering, but represent the human spirit of dream and discovery. He knew that becoming a pilot would allow him to see the world from another height. That first propelled him into his flying career and he is now Vice President of Operations for Himalaya Airlines. He's Captain Hao Di, the man who keeps the airline up and running!

After graduating from the best aviation university in China, Captain Hao studied flying in Australia, a country which is known for the best aviation safety culture and record. He received his first pilot license there and soon joined China Southern Airlines, the largest airline in Asia. He became a captain and worked as a pilot for the airline for a decade. He felt ready to take a leap in his career after that and joined Tibet Airlines where he met with new challenges—flying Tibet, lack of oxygen but high spirits, and plateau flights which honed his skills and deepened his understanding of flying the new wide-body aircraft.

Shortly after, he crossed the Himalayas to a new senior position with Himalayan Airlines in 2017. Reflecting on his own journey, Captain Hao is grateful for everything that happened. He is appreciative to everyone who taught and imparted to him all kinds of knowledge, skills and experiences to share with others.

As the Head of Operations at H9, he explains that it is a process from scratch. Unlike many airlines with a long history, continuous research and experimentation in methodological approaches are needed. He says, 'There are many successful airlines in the world, but no success can be replicated, they are all unique'. Right now, he counts it to be the biggest challenge, but he also takes it as a wonderful opportunity to shape a great organization.

"Undoubtedly, the operation is the core of the aviation industry. Operation is the moment when the dream finally comes true. It contains knowledge, technology, professionalism, seriousness, responsibility, and love.



Flying from winter to summer, night to day, bringing countless people to their loved ones, operations is just so wonderful to me!", remarked the Captain.

Upon comparing his switching roles between becoming a pilot and then the Vice President of Operations, Captain Hao finds the role of a VP to be more challenging. A Captain needs to look after only one flight, one airplane at one time but a VP-OPS needs to be in the positions of all pilots, flight attendants, maintenance engineers, dispatchers, and ground staff, wearing their shoes, thinking what they think, providing what they need, forming a good team, sharing the task and all of this in cooperation with commercial and administrative teams. In addition to technology, you also need to have the knowledge of business, finance, human resource, and other aspects required for company management. All this surely is challenging and actually so much more to do apart from flying.

While pondering upon the role of a pilot during an emergency, he believes that to any airline, the best emergency equipment is a well-trained pilot. Therefore, he also took the opportunity to mention that he strongly trusts his team, and they know what they are doing.



Leadership is an essential quality of Captain Hao Di. He explains, as a leader, one must stick to his principles and be able to choose the right while rejecting the wrong. A leader is one who can let go of temporary personal gains or losses and always look forward to learning new things.

He also reminisced about some remarkable changes that he has felt in his professional journey. According to him, the aviation industry is rapidly becoming digitalized, various computers and software make flights safer, and the optimization of operation and cost reductions make flights cheaper too. One amazing thing about this change is more people now can

enjoy the convenience of flying. But at the same time, he also feels that pilots need to gain more knowledge about cooperating with computers instead of just simply operating machines. 'To be honest, I do worry a little that pilots will be replaced by AI in the future, just like those brave sailors in the age of galleons' commented Captain Hao sarcastically!

He also clearly remembers the most memorable moment in his flying career which was during his first training flight. At Jandakot Airport in Perth Australia, an early morning breeze sent the Grob115C2 two-seater propeller plane with shaking wings up into the sky. He knew he was

controlling the air. It felt like magic. He and his tiny machine were both floating in the air, and the Indian Ocean rushed towards him. He reckons, it was that very moment when he truly fell in love with flying.

Coming back to his current role, he stated that H9 has a very young management team, including many outstanding young Nepalese. Although the company is new, he is proud of its professionalism. He further added Nepal is a country that is especially suitable for the development of aviation. The land is full of beautiful mountains and spectacular peaks. There are more than 50 airports here. The advantages of the aviation industry

are fully displayed here, but it is also accompanied by high difficulty and risk. He hopes that H9 makes a difference in this regard, adhering to the principle of safety first, using professionalism and standards to overcome difficulties and risks, establishing a good system and reputation in Nepal's aviation industry with the strength of outstanding Nepalese talents, earning deserved place for Nepalese airlines in international routes competition.

His long-term vision for H9 is that he wants to make the company more localized, to express the rich cultural characteristics of Nepal and the hospitality of the Nepalese to the outside world. Further, he really wants H9 to become closer to the Nepalese people making the company a real pride of Nepal.

The whole of Asia, especially South Asia, is the most potential market for the aviation industry in the next 50 years, and Nepal has unparalleled natural scenery and cultural heritage. Therefore, Captain Hao is fully confident that the future holds good for H9 and the Nepalese aviation industry.

Talking about his personal life, Captain Hao shared that he is fond of sports and nature, and keeping his body healthy is also very important for flying. Apart from office work and flying, he indulges himself in physical exercise almost every day. He plays badminton, baseball, tennis, table tennis, and archery. During weekends, he often goes for a hike in the hills around Kathmandu to keep his body and mind in a good shape.

To all the readers and young aspirants, he wants to convey the message that flying as a career is challenging and not everyone's cup of tea. It requires good health and a tranquil mind. One has to keep up with challenges and exams in this career. In the daily job, one will of course see breathtakingly beautiful scenery, but s/he also need to cross bad weather and dangerous mountains while also ensuring utmost safety. Therefore, a long-term passion for flying and commitment to make unremitting efforts for it is the only way to become a qualified pilot.



H9 has a very young management team, including many outstanding young Nepalese.



नेपालमा आधुनिक दन्त चिकित्सा

-डा. सीता निउरे भट्ट

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

मुख्यगरी दाँतको महत्वपूर्ण कामहरु निम्न प्रकारका हुन्छन् :

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

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

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

संसारमा हुने उत्कृष्ट मेसिनरी सामग्री प्रयोग गरी विशेषज्ञको टोलीले दिने उपचार नेपालमै भएको हुनाले विदेशी मुलुकमा उपचार गराउन भन्दा

नेपालमा दाँत (मुखको उपचार गराएर दन्त चिकित्सा क्षेत्र र यसमा लागेका सरोकारवाला र देशकै अर्थतन्त्रमा ठूलो टेवा मिल्छ भन्ने लागेको छ ।

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

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

नेपालमा उपलब्ध सम्पूर्ण उपचार मध्य निम्न उपचारको माग धेरै देखिन्छ ।

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

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

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

OUR BRANCHES

📍 CHABAHIL, KTM

Ph: 01-4492800

📍 MAKWANPUR

Ph: 057-520584

📍 BAITADI

Ph: 095-690366

📍 NEPALGUNJ

Ph: 081-524843

📍 SANKHU, KTM

Ph: 01-4451243

📍 SUNSARI

Ph: 025-580929

📍 KAILALI

Ph: 091-526103

📍 KANCHANPUR

Ph: 099-520800

📍 DADELHURA

Ph: 096-410247

📍 BHAISEPATI, LALITPUR

01-5900568 (Ext:609)

VIVANTA DENTAL PVT. LTD.

📍 KAMALPOKHARI, KTM

Ph: 01-4522582/83

OM HOSPITAL

📍 CHABAHIL, KTM

Ph: 01-4476224,
Dental Department (Ext: 600)

"Healthy Teeth for Healthy Life"



HIMAL DENTAL HOSPITAL & Institute of Dental Science



HEAD OFFICE : DHUMBARAHI, KTM

✉ himaldentalhospital@yahoo.com

☎ Ph.: 01-4008704/4008705

🌐 www.himaldental.com.np



3Years

Academic Course

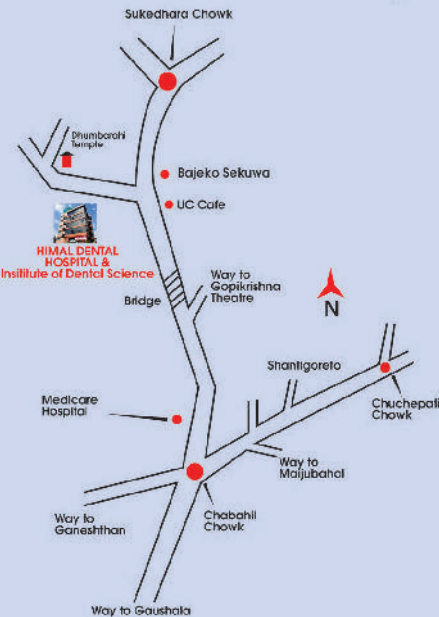


खुशीको खबर

हिमालयन एयर लाइन्सका सम्पूर्ण सेवाग्राही यान्त्र
महानुभावहरू, ऋ मेम्बर्स र सम्पूर्ण स्टाफहरूलाई मुख तथा
दन्त सम्बन्धि उपचारमा १५% छुट दिइने छ।



LOCATION MAP



उपलब्ध सेवाहरू:

- दन्त परिक्षण
- विभिन्न मुख तथा दन्त रोगहरूको पहिचान
- दाँत तथा मुख सम्बन्धि सम्पूर्ण विधिका एक्स-रे
- शल्यक्रिया द्वारा दाँत फुकाल्ने
- विभिन्न थरीका नक्कली दाँतहरू राख्ने
- समुदाय केन्द्रित दन्त स्वास्थ्य कार्यक्रम
- बाइगो टिङ्गो दाँतको उपचार, शल्यक्रिया द्वारा असाधारण मुखको हडिको आकार-प्रकार मिलाउने, विभिन्न बानिहरूको उपचार
- १४ वर्ष भन्दा मुनिको बच्चाहरूको मुख तथा दन्त सम्बन्धि उपचार
- अभिभावक तथा बालकलाई दन्त स्वास्थ्य सम्बन्धि उचित परामर्श
- दाँत सफा गर्ने
- विभिन्न थरी र विधिबाट दाँत भर्ने
- नसा देखि दाँत भर्ने र जराको संरक्षण
- शल्यक्रिया द्वारा जराको उपचार
- जटिल समस्याहरू अत्याधुनिक प्रविधिको शल्यक्रिया बाट सहज उपचार
- विभिन्न गुणस्तरीय दाँत रोपिने (Implant)
- विभिन्न गुणस्तरीय दाँत ग्यारेण्टीका साथ आफ्नै ल्याबमा बनाइने (Milling Machine)
- अत्याधुनिक प्रविधिको एक्स-रे सेवा C.B.C.T. X-Ray Machine (3D)
- लेजर प्रविधि बाट दाँतको सहज उपचार बिरामीहरूका लागि आवश्यक परेमा एम्बुलेन्सको व्यवस्था ।
- दन्त परामर्श
- आकस्मिक दन्त सेवा
- सामान्य दाँत फुकाल्ने
- दाँत तथा मुख सम्बन्धी विभिन्न शल्यक्रियाहरू
- दाँत तथा मुख सम्बन्धी विभिन्न नक्कली अंगहरू
- अस्पताल केन्द्रित दन्त स्वास्थ्य गतिविधि
- शल्यक्रिया द्वारा गिजाको उपचार
- दाँत सेतो पार्ने विधि
- दन्त सौन्दर्य उपचार



HIMALAYA AIRLINES FELICITATED BY NCCCI FOR SIGNIFICANT CONTRIBUTION TO NEPALESE AVIATION AND CSR

During the special function held as a part of Nepal China Chamber of Commerce & Industry 's (NCCCI), 23rd Annual General Meeting Himalaya Airlines was felicitated for its significant contribution towards the Nepalese Aviation and Economy as well as for Corporate Social Responsibility initiatives, especially during the pandemic of COVID-19.

Vice President Rt. Honorable Nanda Bahadur Pun, presented the award to Mr. Zhou Enyong, President, Himalaya Airlines on November 10, 2022 at The Radisson Hotel, Kathmandu, Nepal.

Himalaya Airlines keen to work with stakeholders for safe, secure and sustainable air transport industry, has continually contributed towards the betterment of Nepalese Aviation. Since its inception Himalaya

has widened its flight network unleashing the development of Nepalese Tourism as well.

Continuing a holistic approach towards the betterment of the society, during the COVID-19 pandemic, Himalaya supported the nation in many ways aligning with its core CSR objectives: **Economic Prosperity, Environmental Sustainability and Societal Responsibility.**

A colorful graphic advertisement for NETPACK Logistic. The top section features the company name "NETPACK" in large blue letters with "Logistic" underneath, set against a blue sky with white clouds and a yellow sun. Below the name is an illustration of a white cargo plane flying over a silhouette of various world landmarks including Big Ben, Christ the Redeemer, the Burj Khalifa, the Eiffel Tower, a pagoda, the Statue of Liberty, the Leaning Tower of Pisa, and a torii gate. The bottom section is divided into three parts: on the left, a blue cargo ship with yellow and red containers; in the center, a laptop displaying a map with a truck icon and the text "NETPACK"; on the right, a circular graphic showing a person in a blue uniform holding a yellow box labeled "NETPACK".

DOOR-TO-DOOR DELIVERY SERVICE
For
US/Canada & European Countries

Contact
3rd Floor, Wonde Height Building
Teku, Kathmandu 44600 Nepal
Tel : 01 5339942
Person : Kiran Thapa
Mobile : +977-9851067311
Email : kiran.netpack@gmail.com
kiranthapa@netpack.com.np

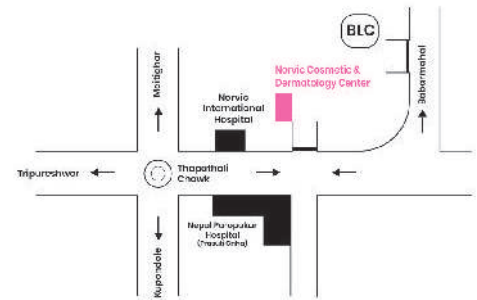
FAST DELIVERY CUSTOMISED SERVICE

www.netpacklogistic.com

DermaClear

FIRST TIME IN NEPAL

At Norvic Cosmetic & Dermatology Center



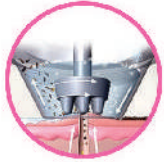
छालालाई भित्रैदेखि सफा गर्ने, मोस्चराइजिङ र नरम बनाउने तथा छालाका मृत कोशिकाहरुलाई राम्रोसँग बाहिर निकाल्ने **डर्मा क्लियर मसिन** अब नर्भिकमा



Mesotherapy

FIRST TIME IN NEPAL

छालामा हुने चार्याँ पोतो, कपाल भर्नबाट रोक्ने विश्वस्तरीय Mesotherapy अब नर्भिकमा



MesoGun को माध्यमले औषधी छालाको भित्र सम्म पूयाउने मसिन अब नर्भिकमा



धाम जानकारीका लागि

नर्भिक इन्टरनेशनल हस्पिटल

☎ ०१-५४७००३२ 📞 ५८८०८८०००

🌐 www.norvichospital.com

📧 appointment@norvichospital.com

* सर्तहरु लागू हुनेछन् ।

Stay Hot When It's Crazy Cold!

All about winter style and fashion



Winters in Kathmandu can be quite daunting when it comes to choosing the right outfit and styling up. Dry shorter days and longer shivering nights compel us to arrange our wardrobes in order to fit in with the winter style. Winter clothing is definitely all about keeping us warm and cozy but who has ever said that these clothes cannot add up to our style and personality? Well, we believe that whether it is summer or winter fashion, our

apparel should increase our appeal and help us become confident in whatever we do.

These days, men and women of all ages around the city are found to be extremely fashion-conscious. After all, who does not want to be dressed well all the time and more so, appropriately according to the season and occasion?

Fashionable winter clothes are always in demand in the

market. Lots of wool, leather, denim, fleece, and fur are used to manufacture winter wear. Likewise, a wide range of stylish trench coats, knitted cardigans, and jackets are also extremely popular for winter. Mufflers, shawls, and scarves are equally in demand for accessorizing and completing the winter look. Winter head gears, like woolen caps, hats and beanies also cannot be missed. Fancy accessories like gloves, socks, and others are quite

a hit during the winter. They keep us warm and protect us from the cold while at the same time making us look at the top of our game.

For formal wears, both men and women can choose to wear suits and warm coats or blazers to maintain a professional look. In fact, corporate executive wears are suitable throughout the year. While going for a more informal look, one can always rely on a cozy and warm sweater which is a must-have in our wardrobes. Similarly, one trend that is really catching up at the moment in terms of winter fashion is furry and warm sweat suits that are especially popular among the ladies. Along with this, turtle neck dresses (both long and short) and high-necked sweaters also give an edgy look and help us keep warm. They never go out of style.

Like slippers and flip-flops cannot be missed in our shoe collection for summer, winters are all about boots and closed shoes. Footwear in the winter needs to strike a balance of fashion and function. A wide range and options are available to choose from as well. To pair up with formal outfits, one can go with closed and warm shoes. Short leather boots can be an option here. For any informal occasion, thigh-high boots for the ladies and comfy sports shoes or loafers work well for men. Moreover, cute, furry, and comfortable slippers when you are roaming around in your pajamas inside the house are winter things to do!

According to some famous stylists and designers, simple and subtle colors or clothes with basic patterns and designs are popular for the winter season. You can opt to choose some solid colors if basic is not your thing. However, always remember to keep your color palette limited to only three shades while mixing and matching. You obviously do not want to look chaotic with multiple colors screaming at the same



THESE DAYS, MEN AND WOMEN OF ALL AGES AROUND THE CITY ARE FOUND TO BE EXTREMELY FASHION-CONSCIOUS.



time. If your outfit consists of shades enough to grab someone's eye then opt for minimal accessories, especially during winter times.

One most amazing thing about this winter are that velvets have made a comeback in our lives and our closets. Velvet coats, dresses, and kurta shalwar sets are all trending this season. So, with these many choices and options stop scratching your head and layer it up!

With a little effort, you can methodically coordinate your outfits and definitely make them look picture-perfect for yourself and eye-pleasing for others. With these tips, you can definitely keep your winter style simple yet hip!



On Frame : Ishwor Devkota, Nischal Parajuli



ATTENTION

ATTENTION!

Life jacket is used only in case of emergency (ditching). Do not remove, tear or inflate life jacket until advised by the cabin crew. Damaging of Life jacket shall result in Penalty.

कृपया ध्यान दिनुहोला !

लाईफ ज्याकेट विमान पानीमा आकास्मिक अवतरण गर्दा मात्रै प्रयोग गरिन्छ। कृपया क्याबिन क्रु को निर्देशन बिना लाईफ ज्याकेटलाई भिक्ने, च्यात्ने र फुक्ने नगर्नु होला। यदि लाईफ ज्याकेट खोलेमा जरिवाना गरिनेछ।





GIVING YOUR HUNGER A NEW OPTION

Online Food Ordering Platforms in Kathmandu

ONLINE FOOD DELIVERY APPS HAVE BECOME WIDELY POPULAR IN NEPAL WITH MOST OF THE CUSTOMERS BEING FROM MAJOR CITIES.

The trend of going to your favorite restaurant for a quality meal is slowly being replaced by ordering it wherever you are located. Previously one had to go out to grab a meal of his/her choice and now the food gets delivered to you. Nowadays, food delivery has become a global market and it is estimated that it is worth more than 150 billion US dollars. The market further boomed during the COVID-19 pandemic following a historic growth of the business.

The advent of technology and smartphones has enabled the development of user-friendly apps have unlocked ready-to-eat food delivery as a major category. The lockdowns and physical distancing requirements have also given a great boost to this category.

As a result, customers can order their chosen meals online using a web browser that is installed on a desktop or mobile device in combination with the online

ordering system. By putting this strategy into practice, the fast food industry may be able to address a problem with the way traditional meals are ordered while also helping customers manage their busy schedules and state their hunger and appetites.

Online food delivery apps have become widely popular in Nepal with most of the customers being from major cities. Cravings for food can be satisfied within minutes, especially in with their mouthwatering and tempting cuisine. So, if you are in and around Kathmandu and want to just enjoy a good meal then a variety of food delivery apps are on your display!

Here we bring to you some major online food delivery apps operating in the city from where you can satisfy your taste buds as well as fulfill your appetite at any time.

FOODMANDU

Foodmandu is Nepal's first food delivery app. In 2010 it began offering deliveries within the Kathmandu Valley. It has also expanded its services in Pokhara at present. It provides food from numerous top restaurants in Pokhara and Kathmandu. Along with food, it also sells bakery products, beverages, and fresh veggies. You can order anything existing for purchase from Facebook, Instagram, and through their official app. Its software, which has received over 1 lakh downloads and a 3.5 rating in the Google Play Store, is simple to download.

BHOJDEAL

Bhojdeal is also among the most widely used online food delivery services in Nepal. It began operating in the Kathmandu valley in 2015. You can order amazing

cuisines from your favorite restaurants over the phone or using their app. Along with food, they also deliver groceries to your house or place of business. Moreover, you can order from restaurants directly through the app or receive discounts and services from them. Along with the app it also has a website and official pages on Facebook and Instagram. With 3.8 ratings and more than 100,000 downloads, the Bhojdeal app retains the highest user satisfaction.

PATHAO

Pathao initially started as a ride-sharing app in Kathmandu valley which later launched Pathao Food as its food delivery app. Pathao Food, therefore, indulges you in a yummy experience! They provide a variety of cuisines from their associated restaurants. At the moment it is operating within

Kathmandu valley. Pathao offers home delivery service from 9 am to 9 pm. Moreover, they also run a variety of discounts and food combos. Their official website also claims that they deliver food quickly to your doorstep within 45 minutes!

FOODMARIO

Foodmario is Nepal's first and only platform that connects home chefs with customers all over Kathmandu Valley. The chefs who use Foodmario's service have been thoroughly vetted by their exacting team for hygiene, quality, taste, and consistency. Ordering healthy, home-cooked food from Foodmario chefs is as easy as scrolling through their app, clicking on the food of your choice, and proceeding to check out.

Delicious Yummy Taste!



Agraj Food Pvt. Ltd

Tarkeshwor-03, Kathmandu | Regd. No. 78831-066/067 | agrajfoods2069@gmail.com | www.agrajfoods.com.np

पर्वतीय पर्यटनमा महिला



सन् १९४० को दशकको उत्तरार्धबाट सुरु भएको पर्वतारोहण र पर्वतीय पर्यटन नेपालको सन्दर्भमा पर्यटन उद्योगका सबैभन्दा लोकप्रिय क्षेत्रहरू हुन्। संस्कृति, पर्यटन तथा नागरिक उड्डयन मन्त्रालय (२०२०) का अनुसार नेपालमा ४ सय १४ चुचुरो हिमाल आरोहण र सम्बन्धित गतिविधिका लागि खुला गरिएको छ। तर, पर्वतारोहण र पर्वतीय पर्यटन क्षेत्रहरू पनि २०१९ मा सुरु भएको महामारीको प्रभावबाट अछुतो रहन

सकेनन्। अर्थ मन्त्रालयको पछिल्लो आर्थिक सर्वेक्षणअनुसार सन् २०२० मा गत वर्षको तुलनामा पर्वतारोहण टोलीहरूको संख्या ९२.० प्रतिशतले घटेर १५३ पुगेको थियो। त्यसै गरी हिमाल आरोहीको संख्या ९५.० प्रतिशतले घटेर २०१९ मा ८,२५४ बाट २०२० मा ४४७ पुगेको छ। सगरमाथा आरोहीको संख्या पनि ९५.० प्रतिशतले घटेर २०१९ मा ८,२५४ बाट २०२० मा ४४७ पुगेको थियो। आरोहीको संख्यामा कमी

आएसँगै प्राप्त रोयल्टी अधिल्लो वर्षको सोही अवधिको तुलनामा भण्डै १८.० प्रतिशतले घटेर २०२० मा मात्र १४९७ मिलियन रुपैयाँ पुगेको थियो ।

यस लेखको केन्द्रविन्दु रहेको पर्वतीय पर्यटनमा विशेष जोड दिएर मानिसहरूले नेपाललाई पर्यटनको लोकप्रियतासँग जोड्छन् । पर्वतारोहण र हिमाल पर्यटनको बारेमा सोच्दा मानिसहरूले सामान्यतया शोर्पा पुरुषहरूले पदयात्राको मार्गनिर्देशन गर्ने, भ्रमणको नेतृत्व गर्ने र हिमाल आरोहण गरेको कल्पना गर्छन् । पर्वतारोहण क्षेत्रमा धेरै युवा-युवतीहरू अगाडि बढ्दै र आफ्नो लागि छुट्टै स्थान सिर्जना गरेको भए पनि धेरै मानिसहरू अझै पनि हिमाली पर्यटनका विभिन्न उपक्षेत्रमा तल्लो तहको जागिरमा संलग्न छन् ।

जब हामी पर्यटनमा दिगोपनको कुरा गर्छौं, यो डिसेन्ट वर्क, लैङ्गिक समानता, र महिलाहरूको सशक्तिकरण बिना हासिल गर्न सकिँदैन। २०१८ मा डोरानको अध्ययनले पर्वतारोहण पर्यटनमा महिलाहरूको सहभागितामा बाधाको रूपमा काम गर्ने चार भिन्न अवरोध आयामहरूलाई संकेत गर्दछ । उनीहरूलाई ' इन्ट्रा-पर्सनल', 'इन्टर-पर्सनल', 'संरचनात्मक' र 'पारिवारिक' आयामका रूपमा पहिचान गरिएको छ । अध्ययनले पर्वतारोहण र आरोहण गतिविधिहरूमा महिला सहभागिताको जाँच गर्ने साहित्य बढ्दो रहेको तथ्यलाई पनि प्रकाश पारेको छ, यद्यपि यो लगभग मनोरञ्जनात्मक दृष्टिकोणबाट मात्र हो, र एकै समयमा, पर्वतारोहण पर्यटनमा महिलाहरूको सहभागिता र उनीहरूका अनुभवहरूलाई बेवास्ता गरिएको छ ।

तसर्थ, यो तर्कले निश्चित रूपमा ज्ञानको खाडललाई संकेत गर्दछ र पर्वतारोहण र पर्वतीय पर्यटनमा महिलाको भूमिका पहिचान गर्न अध्ययनमा महिलाहरूको सहभागितामा थप विचार गर्नुपर्ने आवश्यकतालाई औचित्य प्रदान गर्दछ ।

तसर्थ, यस लेखको प्रमुख उद्देश्य, उपलब्ध साहित्यका साथै पर्वतारोहण र पर्वतीय पर्यटनमा महिलाको सहभागितालाई हाइलाइट गरी प्रामाणिक तथ्याङ्कको समीक्षा गर्नु हो जसले शिक्षाविद्, विद्यार्थी, पाठक, अनुसन्धानकर्ता, विश्लेषक र शिक्षार्थी महिलाको सहभागिताको खोजी गर्ने र यस सम्बन्धमा सरोकारवालाको ध्यानाकर्षण गराउनेहरूको लागि वैचारिक आधार विकास गर्ने अपेक्षा गरिएको छ ।



Photograph by : Sanish Musyaju



The Madhav Narayan Jatra, begins on the full moon day of Poush. The event honors Lord Madhav Narayan and Goddess Swasthani, and worshippers dress up and recite folk tales about the lord's various noble exploits.

**TRAVEL
AROUND THE WORLD**



Sair AIR BD LTD

**NEPAL | U.A.E. | MALAYSIA
VISA | AIR TICKET | TOUR PACKAGES**

B4(4th Floor), House 12, Road 16/A, Gulshan 1, Dhaka

+8809617600900 ext 106,107 & 108

dacsales@sairbd.com, dacrsvn@sairbd.com

WhatsApp +8801910000902



एकै छिन हाँसौ है त !

धुर्मुस स्वर सभाट

धुर्मुस आफुलाई खुब स्वर सम्राट मान्थ्यो ... यतिकैमा एकदिन एउटा किसानलाई गीत सुनायो...

केही बेर पछि किसान सुक-सुक गर्दै रुन थाल्यो ...

धुर्मुस :- (मन मनै खुशी हुँदै) खुशी लाग्यो मेरो संगीतको राग बुझ्ने तिम्री मात्रै रहिछौ

किसान :- म हजुरको गीत सुनेर रोएको होइन

धुर्मुस :- अनी किन त ?

किसान :- पोहोर साल मेरो एउटा गोरु मर्यो, मर्ने बेलामा यस्तै स्वर निकालेको थियो ... आज मलाई मेरो गोरुको याद आयो अनी रोएको

रोडको बीचमा पुलिस

एउटा मोटरसाईकलमा तिनजाना केटाहरु स्पीडमा आउँछन्

रोडको बीचमा उभिएर पुलिस कराउँछ : एउटा मोटरसाईकलमा तिन तिन जाना ?? त्यही पनि हेल्मेट छैन horn पनि बजाउदैन, रोक रोक !!

केटाहरु : बाटो छोड, ... हवलदार साहब !!! यसमा अभै ब्रेक पनि छैन !

शेरेका Leave Application

हेल्लो सर,

When I come come

पानी पच्यो भ्रम भ्रम

Leg मेरो चिप्ल्यो,

I लडिड ठाम को ठाम,

भर्यो My Bag,

Book भिज्यो कसम्,

तेसैले Today ,

I will Not Come...

Yours फाल्तु विद्यार्थी

शेरे

हुलास भए अरु किन खोज्ने

शेरे र रामे एउटा घरमा चोरी गर्न गएछन् ।

रामेले सुन, पैसाहरु चोरेछ तर शेरेले १ किलो हुलास गहुँको पिठो ल्याएछ ।

रामे: ओइ, सुन चाँदी छोडेर तैले यो पिठो मात्र किन चोरेको?

शेरे: (मुसुकक हाँस्दै) हुलास भए अरु किन खोज्ने ?

१ केजि साग

मुन्द्रे सब्जी किन्न बजारतिर गएछ ।

सब्जिवाला सागमा पानी छिम्कदै थियो । मुन्द्रेले पर्खेछ ।

तर जब निककै बेर भयो मुन्द्रेले सब्जिवाला लाई भनेछ : साहुजि त्यो सागलाई होस आयो भने १ केजि जोखिदनुस न मलाई अलिक हत्तार छ क्या !!!

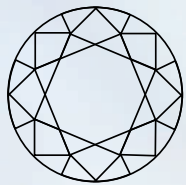


Does Diamond Clarity Really Matter?

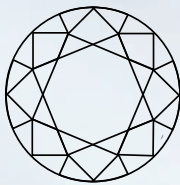
A diamond with a poor clarity grade has multiple inclusions, which directly affects sparkle. Because inclusions hinder the refraction and return of light, the lower the clarity grade, the cloudier the diamond will appear.

What Is Diamond Clarity?

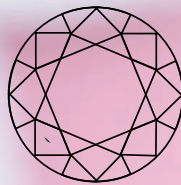
Diamond clarity is a measure of the purity and rarity of the stone, graded by the visibility of these characteristics under 10-power magnification. A stone is graded as flawless if, under 10-power magnification, no inclusions (internal flaws) and no blemishes (external imperfections) are visible. At Shree Balaji Diamond, you can find SI to VVS and even IF & FL graded diamonds from Forevermark.



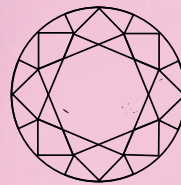
FL



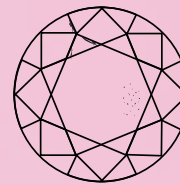
IF



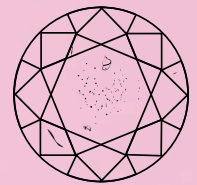
VVS1 VVS2



VS1 VS2



SI1 SI2



I1 I2 I3

Diamond Clarity Chart

Diamond inclusions are internal flaws. Shree Balaji Diamond rejects any diamond with noticeable imperfections to the unaided eye.

FL

FL diamonds are Flawless

IF

IF diamonds are Internally Flawless

VVS1 VVS2

VVS diamonds (1 and 2) are Very, Very Slightly Included

VS1 VS2

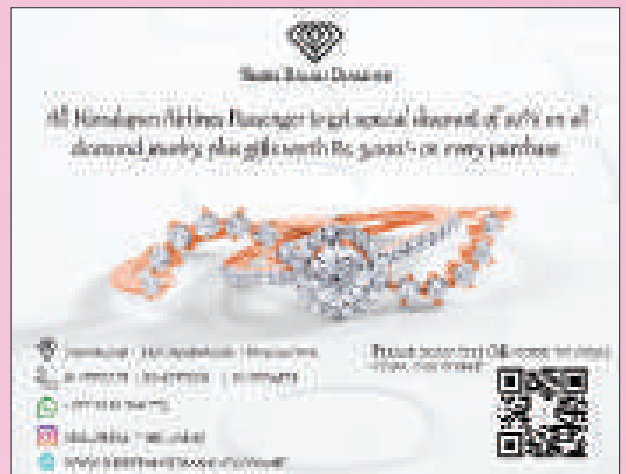
VS diamonds (1 and 2) are Very Slightly Included

SI1 SI2

SI diamonds (1 and 2) are Slightly Included

I1 I2 I3

I diamonds (1, 2 and 3) are Imperfect



THE TASTE AND ETHOS OF THE ARABIAN WORLD!



The Cuisine

Visitors to the Kingdom of Saudi Arabia will discover a broad variety of local and international cuisine to enjoy since Saudi Arabian cuisine is mostly based on the style of Arabic food prevalent in many Gulf countries. Visitors to the Kingdom have a nice selection of both local foods and foreign cuisine to discover; however, locals prefer traditional culinary experiences the most.

In Saudi Arabian cuisine, components including

meat, milk, spices, cereals, dates, and fruits are frequently used. Even though it has changed throughout time, the locals continue to uphold its originality. Travelers to Saudi Arabia can also delight in a range of delicious delicacies cooked with love and respect because food is a sign of hospitality in the country.

Popular tourist destinations like Riyadh and Jeddah make sure that visitors to the Kingdom

may eat at international restaurants and fast food favorites while still enjoying the authentic taste of Saudi Arabia locally. Larger towns and cities have restaurants that provide international food, including Italian, French, Chinese, and American cuisine. In addition to these cuisines, the number of foreigners working in Saudi Arabia as well as those going on religious pilgrimages have had an impact on the food offered.

Breakfast is typically simple in Saudi Arabia. People consume qahwa, bread with cheese, dates, fruits, camel milk, and other foods in the morning. They have a small meal in the morning and a substantial lunch in the afternoon. Kabsa, roasted chicken, sour salsa, or a seafood dish with rice are traditional lunchtime meals for Saudis. A tasty cup of soup, a light chopped salad, and a Saudi platter are popular supper choices. One of the most popular beverages in Saudi Arabia is fresh mango and orange juice, along with other types of tea and coffee.

The Culture

Most of the Arabian Peninsula is taken up by the Kingdom of Saudi Arabia. Arabs make up the majority of the population, who are mostly descended from the region's former nomadic tribes. The majority of Saudi culture is traditional. Islam has a big impact on society, influencing how people live their social, political, economic and legal lives. Saudis have a strict moral code and uphold cultural ideas including generosity, fidelity, and a sense of civic duty.

TRAVELERS TO SAUDI ARABIA CAN ALSO DELIGHT IN A RANGE OF DELICIOUS DELICACIES COOKED WITH LOVE AND RESPECT BECAUSE FOOD IS A SIGN OF HOSPITALITY IN THE COUNTRY.



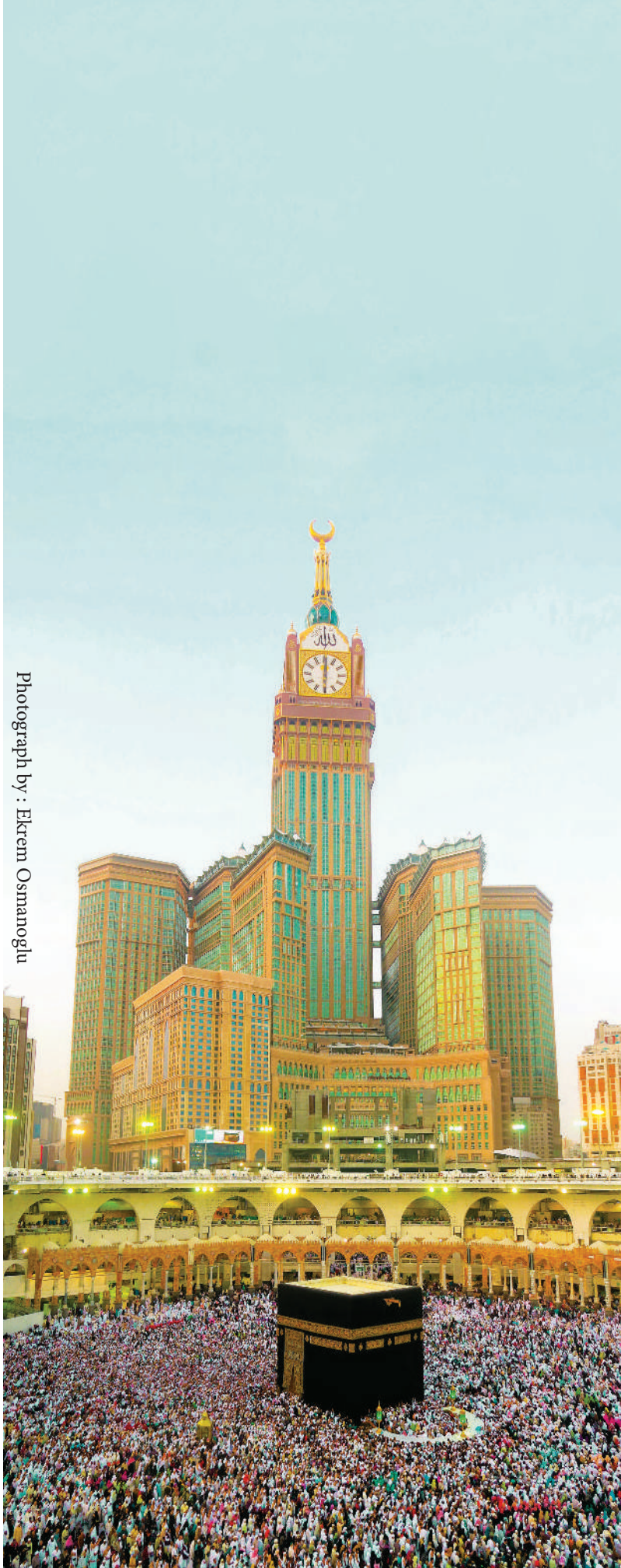
Photograph by : Adli Wahid

Saudis learn about their traditions, which are based on Islamic teachings and Arab customs, from an early age through their families and schools. The greatest time of the year is during the holy month of Ramadan, the Hajj (pilgrimage) season, and the national holidays that follow. The celebration of Eid-al-Fitr marks the conclusion of the holy month of Ramadan, during which Muslims fast from dawn to dusk. During this time, it is customary to visit friends and family, as well as buy presents and clothing for children. During the season, many Muslims go to Makkah from all over the world, which is yet another highlight of the occasion.

With the Eid-al-Adha celebration, which marks the conclusion of the Hajj season, families usually sacrifice a sheep in remembrance of Abraham's willingness to offer Isaac as a sacrifice. These centuries-old customs have evolved through the ages and are much cherished. To strangers, acquaintances, and family members, immense courtesy and hospitality is extended. The simplest kind of hospitality are delivered through coffee, which is typically served in little cups with dates and pastries and involves a complex cultural ritual only in its preparation. Similarly, burning incense is another gesture of goodwill to greet visitors, who frequently experience a sense of self-respect and integrity.

Despite the massive reflection of customs, culture, and traditional values in the daily lives of people, the nation is highly industrialized and developed. As individuals try to balance their cultural traditions with modern values, cultural norms and social limitations are continually changing.

By Suman Pandey



Photograph by : Ekrem Osmanoglu

THE SOALTEE KATHMANDU



SOALTEE WESTEND PREMIER - NEPALGUNJ



SOALTEE WESTEND RESORT - CHITWAN



SOALTEE WESTEND - ITAHARI

PIONEERING HOSPITALITY IN NEPAL FROM 1966.

Soaltee Hotel Limited, a pioneer in Nepal's hospitality sector, owns The Soaltee Kathmandu, Soaltee Westend Premier Nepalgunj and operates, Soaltee Westend Resort Chitwan and Soaltee Westend Itahari. The company also operates the one and only flight catering service in Nepal, Soaltee Gate Gourmet and a premium lounge in Tribhuvan International Airport Departure Terminal, Horizon Lounge. Soaltee brand is renowned for its rich history as a pioneer in Nepal's tourism industry, contributing to luxurious properties and legendary hospitality across the region.

FOR MORE INFORMATION AND BOOKINGS
www.Soaltee.com

The Soaltee Kathmandu

E: info@soaltee.com

T: +977-1-4273999

The Soaltee Westend Premier, Nepalgunj

E: reservation@sw.com.np

T: 081-551145/+977-9801067004

Soaltee Westend Resort Chitwan and Soaltee Westend Itahari

E: anita.basnet@soaltee.com

T: +977-9801067082

Horizon Lounge

T: +977-1-9801067222



Bhadai Purnima:

THE STORY OF MANMA

By Rahul Bisunkhe



The story begins in a place called Juphal in Dolpa. Juphal is not the capital of Dolpa; Dunai is, but it is the place in Dolpa with access to the airport and most of the facilities seen in Dolpa.

In ancient times, it was believed that Manma Deuta (the Nepalese word for god), who was also called Votey Deuta, was travelling down from Tibet. During his travel, he rested in Juphal and quite liked the place. He then had a conversation with the Guru Deuta, who was already there, and they both came to an agreement to co-exist and live in Juphal. Later, as the population grew and time passed, Manma was identified as the local god of Juphal, and the whole festival of Bhadai Purnima was started to celebrate in Juphal to worship Manma.

Bhadai Purnima is a major festival celebrated by the people of Juphal to honour the existence of their local god (Manma) through a series of rituals, worship, and sacrifices. Purnima is also

found to be celebrated in some parts of Dolpa and faraway Rukum. The Purnima has been passed down from generation to generation, and people of all castes, ethnic groups, and classes celebrate it regardless of their differences.

Bhadai Purnima starts with the full moon day of Shukla Paksha and generally lasts up to 15 days. The festival begins with a gathering of Juphal's 350+ household villagers at the sacred temple. The team of musicians (Damai) and local singers stays all night and is entertained by the songs and dances of the accompanying villagers. The process is repeated day after day with various planned activities like puja (worship) and making sel-roti for 15 days until the festival is completed.

Among the many traditional stories, god folk tales, and events that shaped our culture, the story of Manma and Bhadai Purnima is one of the aspects that define interesting Nepalese culture.



The whole 15-day festival is filled with activities, fun, and rituals all day and night. All 350+ households partake in some responsibilities during the festivals, despite their differences. The most interesting part of the festival for me was the division of roles among the people hired to work for the festivals. People were allocated tasks in the festivals according to their caste. For example, people from the Dhami group were allocated the task of performing the sacred Dhami Nach, which needs to be performed on the final day. Similarly, Damai were responsible for bhukur (a traditional Nepali musical instrument), Pujari were responsible for worshipping the god, Thakuri were responsible for a particular task, and so on. Prasad (the leftover offerings from god worship) was given to festival workers.

There is also a very interesting system to allocate Prasad for the whole village. To clarify, prasad is the kind of offering that the people make to the gods, which could be anything. On Bhadai Purnima, families throughout the village make a goat offering if an elder son is born in their family. Thakuri offers a goat if anything good happens in the family or if an offspring is born, and any woman from the village who gave birth in the previous year must make an offering at the festival. The offering averages around 50 goats, and all of them are offered to Manma Deuta on the final day of the festival. The sacrificed goats are then distributed to the whole village. The head is given to Dhami, the tail with a portion of meat is given to Damai, and so on.



After the inauguration day of the festival, each day villagers gather in the temple and continue with their bhajan (religious song) all day and night. On the 12th day of the festival, there's a tradition of changing the flags on the pole erected on the temple premises (Linga). The 55-foot-tall linga has multi-colored flags, which are changed yearly with proper ritual.

Purnima is celebrated for 15 days, with the last day being the most important and busiest for the people of Juphal. Early in the morning, women from the villages travel up to the Mandapa (the main temple of Manma situated at the top of the hill in Juphal) to prepare roti, tarkari, and raksi while the men of the village prepare for the main event of the festivals, which is Dhama Naach. Men also handle the sacrificial ritual of cutting 50+ goats, which came as an offering from the villagers. Firstly, the Dhama Naach is performed in an open place in the presence of all the villagers, and then the Dhama and Pujaris are slowly escorted towards the temple of Juphal. After a few minutes of worshipping and dancing, the whole crowd slowly proceeded toward the main temple, Mandapa. Again, Dhama perform

their dance along with spreading their ritual blessing in their own way. After the dance, the Dhama and Pujaris get into the temple where the Kul Dewta (Main God-Manma) is located, while the observers go to the stalls set up by women to have roti, tarkari, and raksi. At the same time, men will be working on killing the offerings made to Manma.

The whole festival of Bhadai Purmina seems like chaotic madness to an outsider who is not familiar with the culture of Juphal. The energy, excitement, and dedication that the whole village has for the festival and their local god are just amazing. They continued to celebrate, sing, dance, and enjoy themselves for 15 straight days. It is just insane to witness how crazily the villagers devote themselves to the rituals of the festivals. It is amazing and crazy at the same time to witness and be part of the festival. So this is how the story of Manma has continued to live on, through the people's dedication, belief, and blessings.



EVERY SEASON IS FOR LEARNING

It is our objective to develop practical communication skills and foster appreciation for Chinese culture.

OUR SERVICES

English/Chinese/Nepali Document Translation 英文/中文/尼泊尔文文档翻译

Business Meeting Interpretation 商务会议口译

Chinese, Nepali and English Online and Offline Classes 中文、尼文和英文线上线下课程教学

INTERESTED? CONTACT US TODAY !



WHATSAPP



WECHAT

IMMERSION MANDARIN ACADEMY

© New Plaza, Putalisadak

☎ +977 9813283117

🌐 www.immersionmandarin.com



REFLECTING BACK TO 2022

Tourism in Nepal



As it seems, the present situation of tourism in Nepal is pretty stable. The number of tourist arrivals increased immensely in 2022 as compared to the last two years or so in the Himalayan nation. More than 400 000 tourists visited Nepal for tours, leisure, and other recreational activities as of October 2022.

As this article was written in November 2022, the number of tourist arrivals throughout the year 2022 seemed likely to reach the mark of 600,000, including the remaining two months. This is the highest number of tourist arrivals in a single year since the Corona virus outbreak. The tourism industry of Nepal, which suffered from neck to toe, finally found a strong grip after a couple of years.

Just before the Corona virus outbreak, Nepal had 1 million tourist arrivals. This was one of the major achievements for the Nepali tourism industry. However, things went away when the virus disrupted the nation's tourism and hospitality industries. If it were not for COVID, Nepal was all set to start the tourism year with the aim of bringing in 2 million tourists in a single year.

With a target of 6 million tourists by 2022, Nepal's tourism revival has progressed outstandingly, and the country's tourism industry has finally come to life.

Now with a mark to achieve 6 million tourists in the year 2022, the tourism revival of Nepal is going pretty much smoothly and the tourism industry of the country is finally getting alive.

**Total number of tourist arrival in Nepal
from January to October, 2022: 473563**

Source : M. R Lamichhane, NTB

The Adventures

The trekking trails began to become crowded again in 2022, as tourists from all over Nepal began to arrive for the thrill of off-the-beaten-path treks in the mountains. Mardi, ABC, and Langtang trekking trails are getting popular once again. The trekking permits are easily available as usual, and the mountains are open for trekking.

Aside from trekking in Nepal's highest mountains, adventure sports in some of the country's most popular destinations are once again in demand. Famous celebrities, such as Bear Grylls, have been spotted bungee jumping in Nepal.

Talking about celebrities, popular vloggers from different parts of the world visited Nepal last year. Harald Baldr, Sam Chui, and Madina Ash were some of the popular vloggers who came to Nepal in 2022. Some of them explored the culture and enjoyed the vibe of Nepal. Well, they played a major part in introducing Nepal to different corners through their vlog. They have not only showcased Nepal's food, culture, adventure, and beauty, but they have also shown the world the current state of tourism in Nepal as a whole.

Covid Situation

The covid situation of Nepal at present is as relaxed as it can get. With just a handful of case, there is no immediate threat from the virus for now as it seems. Well, having been through lockdown, quarantine and everything, we all know what to do and what not to when it comes to health protocols.

However, there was a dengue outbreak which caused some problem during the summer (few months back). Now with winter, the mosquitos will be gone and dengue might not be an issue for the visitors. Therefore, tourists have nothing to worry about for their health throughout their trip.

Visa

Nepal has always been providing on-arrival visa for the tourists which is easily available at the Tribhuvan International Airport entry point. This



Photograph by : Samrat Khadka

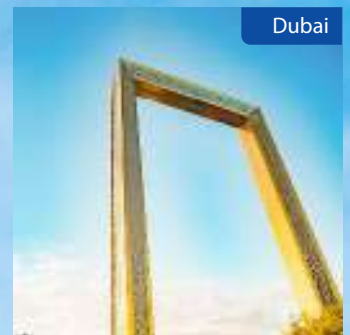
process was halted during the lockdown after the covid outbreak but now the on-arrival visa service in Nepal has already resumed. So, no more quarantine and visa restrictions for the visitors.

Traveling

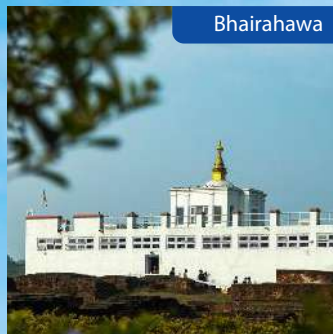
Internal travel was smooth and normal, without any difficulties in the past year. Various means of transportation were easily available to travel throughout the country. On top of that, tourist destinations around the country were all ready to welcome the tourists.

All in all, the situation of the tourism industry in Nepal during the year 2022 was much more stable and convincing throughout the year, which has given rise to high hopes for 2023 and the years ahead.

THE H9 TRAVEL DESTINATIONS



Dubai



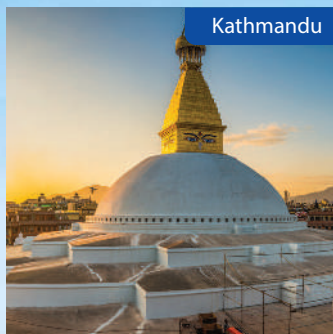
Bhairahawa



Kunming



Kuala Lumpur



Kathmandu



Doha



Riyadh



Dhaka



Kuwait



Dammam

Experience
Himalayan
Warmth !

Pelancungan Etonic Sdn. Bhd. (76533-X) Etonic Travels,

8.01, 8th Floor, Wisma Paradise, 63 Jalan Ampang,
50450 Kuala Lumpur, Malaysia.

Phone : +603 2022 1668

Mobile: +6011 2681 5789

Email : sales.kul@himalaya-airlines.com

Kathmandu Sales Office

Gairidhara – 2, Kathmandu, Nepal

Phone: +977 1 4004110, +977 1 4004000

Extn. 206 / 207 / 208

Mobile No: +977 9851245191,

+ 977 9851128989, +977 9861776482

Email: sales@himalaya-airlines.com

Hello Himalaya Travel & Tourism Llc.

Ground Floor shop No. 09, Souk Al Kabeer Building,
Al Ghubaiba Road, Near Ghubaiba Bus Station, Dubai

Phone: 043550826

Mobile No: 0507834231/0567834428

Email: sales.dxb@himalaya-airlines.com

apt.dxb@himalaya-airlines.com

SAir Air BD Ltd.

Flat: B4, House: 12, Road: 16/A

Gulshan-1, Dhaka 1212

Phone: +880 9 617600900

Email:sales.dac@himalaya-airlines.com

apt.dac@himalaya-airlines.com

Cleopatra Travels

D-Ringroad, Building no. 51, Doha, Qatar

Phone: +974-4443 5333/4443 9333

Fax: +974-44444010

Email: sales.doha@himalaya-airlines.com

Himalaya Airlines sales Office, Riyadh

Jareer Street, Al Malaz, Riyadh

Phone: +966 11 2931236

Email: sales.ruh@himalaya-airlines.com

apt.ruh@himalaya-airlines.com

Beijing Representative Office

Room 106, Building 18, Yard 88 Liuxiang Road, Fengtai
District, Beijing

Phone: +86-10-56762021-600;

+86-10-56762080-600

Fax: +86-10-56762080-608

Email: zhang.xiaoji@himalaya-airlines.com/

East Coast Oasis

11th Street, Al Souq, 8550, Dammam 32242,

Phone: +966138332300

Email: sales.ksa@himalaya-airlines.com

reservation.ksa@himalaya-airlines.com

apt.dmm@himalaya-airlines.com

Resource Management International

2nd Floor, Office No. 11, Sheikha Sabika Building, Fahad
Al Salem Street, Kuwait City, State of Kuwait

Phone: +966138332300

Email: sales.kwi@himalaya-airlines.com

BEFORE YOU START YOUR ABC TREK

The Essentials

By Suprat Basnet

Nepal has long been a trekking lover's dream destination. Without a doubt, one of the most beautiful trekking areas in the Himalayas is the Annapurna Base Camp Trek. As the trekkers find themselves passing through the slopes of mountains and forests with little tea shops, they become lost in the surroundings cherishing every moment of the journey.

Six of the highest peaks in the world are located in the Annapurna mountain range, including Gangapurna (7,455 metres), Annapurna IV (7,525 metres), Annapurna III (7,525 metres), and the renowned Annapurna South (7,219m). The walk traverses via the southern Annapurna range, where the revered Machapuchare mountain, sometimes referred to as the "Fist Tail Peak," is located.



Highlights of ABC Trek

- ◆ Historic Ghandruk Village, the Gurung Homestay and their culture.
- ◆ The trail through the bank of the Modi River, passing dense alpine forest and experiencing exotic flora and fauna.
- ◆ Trail passes through many villages, various waterfalls, rainforest and rich biodiversity.
- ◆ Spetacular glimpses of the Annapurna Mountain range.
- ◆ The trail between Macchapuchhre Base Camp (MBC) and ABC.
- ◆ The view of giant snow capped Annapurna South, Annapurna Glacier and Annapurna Base Camp with 360 degree mountain view from High Camp.
- ◆ The natural hot spring while returning back in Jhinu Danda.
- ◆ Jhinu Danda Suspension Bridge



What is the Duration of ABC Trek?

The trek typically lasts 8 days and covers roughly 67 kilometers, beginning in Ghandruk village, the final motorable station along the ABC route. This is fairly graded trek therefore generally you need to acclimatize your body for a day at Deurali or the Machapuchare Base Camp.

There are typically two ways to do this trek: from Poonhill and from Ghandruk village, which is easily accessible by car via Pokhara (Ghandruk Bus Station).

Way Up : Kathmandu – Pokhara–Ghandruk–Dovan–Bamboo–Himalaya–MBC–ABC

Way Down: ABC–MBC–Himalaya–Bamboo–Chomrong–Jhinu–Pokhara–Kathmandu

The Cost

The cost of the 7–8–day journey typically ranges from 300 to 1600 USD depending on the beginning location. It costs around 250 to 350 dollars for an internal tourist and between 1000 to 1500 dollars for an outsider depending on factors like flights, ground transfers, all permits, full-board meals, guides, porters (if needed), accommodations, etc. If you travel in a larger group, the cost will be significantly lower.

How safe is ABC trek?

For most travel fans, trekking is the finest adventure of all time. However, it comes with adventure as well as all of the hazards associated with inheritance. However, if you visit through a local travel operator, they take great care in developing our treks and itineraries to ensure your safety. Mountains have long been a fascinating environment with unpredictable weather, fewer human settlements, rough paths, forests, and the least visited regions. Agencies plan extra days for acclimatization and severe weather conditions when planning itineraries. Aside from that, trek guides will be prepared mentally with all you could need when trekking, such as an oximeter, blood pressure monitor, first aid kit, and other essentials. The guides and trek leaders will notice you and your health conditions.

What is the best season for ABC Trek?

The weather situation in the Himalayas is not as we had heard, read, or expected. People in Nepal, especially those living in the mountains, enjoy trekking in the spring and fall. You may enjoy nice weather, a pleasant path, and spectacular sights of snowy peaks over this two-season trip.

Spring typically lasts from March until May. This is the time of year when wildflowers bloom and temperatures in the mountains are at their most agreeable. In addition, the mountains are open from early morning until late



afternoon, allowing you to enjoy the stunning view of snow-capped mountains during the spring season.

Similarly, autumn is the most popular trekking season, lasting from late September through mid-November. This time of year, is ideal for fresh air and excellent mountain views. The weather also aids trekkers because you can see some of the correlation of monsoon in mountains, adding to the beauty of the Himalayas. Of course, winter and monsoon treks are also doable in the Highlands, but you will need professional leadership and all the necessary equipment, as well as a lower expectation of mountain vistas. The Annapurna Base Camp hike is best done in the spring and fall seasons.

Food & Accommodation

This traditional trek features several good tea houses at high altitudes as well as extremely fine hotels and guest homes at lower altitudes. If you eat at the same hotel, the rooms are less expensive. Rooms with connected baths and mountain views are common in Ghandruk, Ghorepani, Chomrong, and Jhinu Danda. Following that, the living arrangements would be typical and shared, but each teahouse would provide the greatest hospitality possible. If you are travelling alone, attempt to negotiate a price in packages at the guest homes, which will be considerably less expensive than paying for individual services.

Breakfast is typically served with a set breakfast,

porridge, omelets, boiled eggs, chapati, pancakes, Gurung bread, and muesli. Along with breakfast, you will receive standard coffee, tea, and juice.

Lunchtime options include dal bhat set, fried rice, noodles, spaghetti, macaroni, dumplings, and other light entrees. Tea, coffee, and juice are available at any time, much like breakfast.

Dinner, like lunch, allows you to select your food from the menu. If you like to eat light, you may also have chapati and veggie curry. If necessary, the tea rooms provide vegetarian, vegan, and gluten-free meals.

There are limited possibilities for drinking water on the Annapurna Base Camp trip in terms of safe drinking water and standard drinkable water. One alternative is to purchase previously filtered mineral water from hotels or tea cafes. Also, if you reach a certain level, you can order hot water in a pot and consume it instead of cold water. It would be somewhat more expensive than regular water, but ideal for high elevations. Aside from that, it is usually recommended to pack some protein bars, chocolates, dry almonds, and candy bars for extra energy when hiking.

Entrance and SAARC Countries' Permit

ACAP Entrance Fee: Rs 200/-

TIMS Card Fee: USD 20 for solo hikers and USD 10 for group trekkers

Other Countries Permit

ACAP Application Fee: Rs 3000 (26USD)

TIMS Card Fee: 20 USD for solo travelers and 10 USD for group hikers.

Since ABC Trek is a moderately graded trek, make sure you do not bring too much stuff, especially if you're planning to do it without a porter or as a solo trek. Normally, for clothing, you can bring a pair each of the base layer, second layer, and outermost layer. Further you must also pack the following items:

- ◆ A set of hiking shorts and pants
- ◆ Trekking shirts made of lightweight polyester
- ◆ A waterproof shell jacket and raincoat
- ◆ Underwear and at least four pairs of socks
- ◆ Gloves, hat, collar, and mount cover to protect your face from the strong wind
- ◆ Hiking boots, sunglasses, sandals, a trekking backpack, and any other usual medications
- ◆ Sleeping bag, toilet paper, towel, toothpaste, toothbrush, sun cream, and hand sanitizer
- ◆ Water bottle and a water purifier (optional)



Is a solo trek to ABC a good idea?

Solo trek at Annapurna Base Camp is possible. During peak trekking season, you may encounter numerous hikers from many nations on the path. However, in the highlands, trekking in groups or through a local agency is strongly advised. The Annapurna region is very straight forward to explore, but there are several sub-paths created by people. The higher you go, the fewer settlements there are, the more trails there are, and if something goes wrong, you may find it difficult. Trekking with a guide and in a group might be stressful, but it is the safest method to travel in high mountains. You may get altitude sickness, typical injuries, and other unintended outcomes. It is best to take a guide for this trip.

Itinerary for ABC Trek

There are several routes to go to the Annapurna Base Camp. There is just one way to base camp from Chomrong, where nearly all paths converge.

Walking up to Dhampus and following Landruk till you reach Jhinu is one way to get to ABC.

Another common choice is to make the short drive from Pokhara to Ghandruk and then start hiking in the direction of Chomrong.

At Ghorepani, a few more people who have already done the Annapurna Circuit trek will congregate before continuing on to Chomrong.

Here is the most well-liked and suggested option.

The towns of Nayapul, Ghorepani, and Poonhill are all on this road.

Day 1: Drive to Ghandruk from Pokhara.

Day 2: Trek to Sinuwa

Day 3: Trek to Deurali.

Day 4: Acclimatize for a day after trek to MBC from Deurali.

Day 5 : Trek to Annapurna Base Camp.

Day 6: Return to Bamboo

Day 7: Return to Jhinu and enjoy hot spring

Day 8 : Drive back to Pokhara from Jhinu Danda.

Hot Meals
Available
Only on
Pre-book

Shop & Dine with H9



**Exclusive H9
Onboard Menu**

NEPAL'S FIRST
DRY HOPPED
PILSNER BEER
WITH 100% GERMAN MALT



NO ADDITIVES OR PRESERVATIVES ADDED

  BARAHSINGHE

IS 2023 YOUR YEAR?



Aries

March 21 - April 19

Aries are too driven and opinionated, which can sometimes lead to issues. Despite acting on your instinct, you will have a successful year. The year will be a mix of challenges and hopes. The year will better prepare you for the circumstances that await you in life. Adversities are meant to test you!

However, since you are an Aries, you are able to handle both physical and emotional ups and downs. Nevertheless, watch out for potential problems. Be prepared for the game and a wild journey ahead.



Taurus

April 20 - May 20

You are a Taurus, and so you are the master at maintaining your attention. You are encouraged to make positive adjustments. You might also need to make some significant changes to your normal routine in order to pursue your aspirations and give your best efforts while pursuing any task.

The year 2023 will demand that you protect yourself from a lot of ups and downs. As a result, a year full of learning is ahead of you.

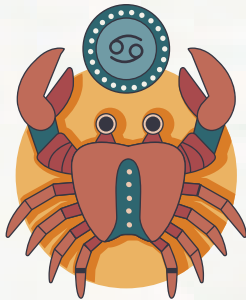


Gemini

May 21 - June 20

You are a naturally dualistic character. So, why not reinvent yourself to embrace the greatest aspects of 2023? You might encounter head-on issues that sometimes require you to deliberately set your dualistic tendencies aside and behave in a calm manner.

You should not rely on the people around you, whom you call your friends, too much. Despite your split personality, you will be able to recognize right from wrong, which will help you succeed in many aspects of your life.



Cancer

June 21 - July 22

When given a chance, Cancerians will immediately retreat to their familiar surroundings. However, that won't be a thing to do this year. You must give your interests and plans your utmost effort this year.

Cancer natives face a battle this year. You must either be passionate and express it all, or show everyone your practical side, put yourself in their shoes, and observe.



Leo

July 23 - August 22

Nothing can be difficult for a courageous Leo. Despite the obstacles that the year may present, you will surely do well. However, you will exert the greatest efforts possible due to your desire to excel and have the best of everything for yourself.

Therefore, from the beginning of the year, you must have faith in the good. Instead of stressing about what is not present, savour the wonderful times that you have.



Virgo

August 23 - September 22

One of the zodiac's most level-headed individuals is you. However, even if you are not flawless, the year 2023 has a little cautionary note for you: do not jump to conclusions too soon! The year will offer a wide range of opportunities.

You will act in ways that were not intended but are still possible. Don't be confused, as you are likely to taste the fruits of your labour. However, you are far from sinking into a pit, so celebrate and cherish 2023 while you still have it!

Finally, the year 2023 is here, and there is definitely much to be excited about. Every new year presents us the opportunity to get our things back on track, whether by setting new goals and resolutions or reflecting back upon the year that just passed by. Let us therefore bid adios to the year 2022 and find out what 2023 has to offer along the way!

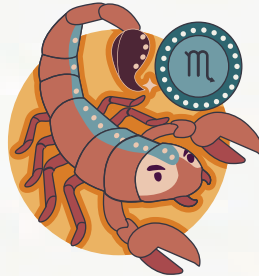


Libra

September 23 - October 22

Balance is the secret to your calmness, as we all know. You will need to engage in some introspection, comprehend current events, and adjust as necessary. Keep in mind that not all of what is right will always apply to you.

2023 will soon be your door to fulfillment, as luck, opportunity, and excellent things are waiting for you; all you need to do is be optimistic and clear in your head.



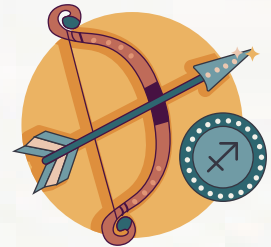
Scorpio

October 23 - November 21

Scorpions seldom interact with one another. The same behaviours may even work in your favor. On the other side, all it takes to bring joy and happiness into your life is a small alteration.

The good part of the year is definitely the second half, after most of the poison has been eliminated from your life and things have fallen into the correct position.

Additionally, you must make sure to implement all your New Year's resolutions. So, keep the process calm and steady!



Sagittarius

November 22 - December 21

By all means, consider this year to be one of your best! It is a year of investigation and comprehension. On the one hand, you will keep on working hard to fulfil your desires, and on the other, you will get direction to continue with your own unique methods.

Be yourself and watch for indications. On the whole, 2023 will be the ideal year for people born under the sign of Sagittarius, but don't rush things, don't let yourself become overwhelmed, and be true to who you are!



Capricorn

December 22 - January 19

Hurdles will come and go, but Capricorns will persist! And in 2023, you ought to maintain that mindset. Your strategies will not only help you succeed but also carry out all of the unfinished business from the prior year.

You must handle every aspect of your life with appropriate attitude and attentiveness, and you must express yourself correctly. Although your money will be excellent, you can experience health issues. Your outlook on everything that will happen to you this year will be optimistic starting in the first quarter.

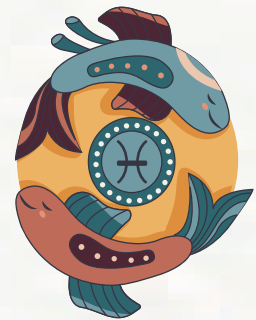


Aquarius

January 20 - February 18

There will be certain days and occasions when you may relax and focus on yourself in order to accomplish more in the coming year. Furthermore, if you consistently focus all of your efforts in the appropriate directions, the year will be fantastic for you.

The year will also reset everything from the previous year, which was out of whack. Even though things may seem difficult, if you keep doing the right things, the final piece of your jigsaw will be there in front of you by the end of the year.



Pisces

February 19 - March 20

Be grateful for what you have. You will be able to spread happiness throughout all areas of your life and draw more of it into them. Focus on the daily goal of performing one kind act!

At the end of the year, you will have learned lessons that will allow them to come up with their own solutions to the challenges life has thrown their way. Additionally, to make your life enjoyable and simple, strictly adhere to resolution or practice, as it will improve your upcoming year.

उनलाई फरक परेन

अनिश दाहाल

उनी म भन्दा धेरै अगाडि देखि त्यही थिइन्
शान्त, अडिग र अटल
मेरो विकासक्रमको मार्ग सुरु नहुँदै उनको वक्षस्थलबाट सृष्टि स्वखलित भए थियो
उनको काखमा कैयनले आफ्नो जेथा चलाए
त्यहाँ कति घटना भए, कति जन्मिए, कति मरे, उनी शान्त नै रहिन्
उनलाई न ज्ञानी प्रिय थियो न मूर्ख, न धर्मात्मा निकट न पापी प्रति दुर्भाव
उनलाई कहिले कसैको उपस्थितिले फरक परेन ।
अनि म आएँ
उनको त्यो शान्त चरित्रले मलाई असहज गरायो,
उनको सहनशीलताले मलाई पोल्टा थाल्यो,
मैले उनको सेखि तोड्ने नै भएँ
उनी माथि मेरो प्रभुत्व जमाउने निधो गरे
मैले उनी माथि आफ्नो नामको झण्डा गाडे
मेरो साहस देखि संसार चकित भयो र उनीमाथि खिनियो
सबैले उनलाई जिती छाडे
उनको अनकन्टार सरीर भरी मेघ गर्जिए भै निलडाम हुने गरी पाईला बजाए
उनको निश्चल बदन भरी भाला र किल्ला रोपे
म आफै डराएँ, उनलाई कति पिडा भयो होला
अरबौंको प्राञ्जल अब धमिलियो
उनको मुस्कान पहिले भै हँसिलो रहेन, अनुहार अँध्यारो देखिन थाल्यो
तर उनलाई कति पनि फरक परेको भान मैले पाइँँ
उनी रति पनि विचलित भइन्
उनको काखमा हुर्केको संसार अब उनीबाट छुटिसकेको थियो
हरेक नयाँ दिन उनको महानतामा सुम्पिने सृष्टि अब स्वखलित बनिसकेको थियो
मेरो चेत खुल्दासम्म धेरै ढिला भइसकेको थियो
तर अहँ उनलाई फरक परेन ।





NEPAL LIQUORS PVT. LTD.

MY *Signature.* BLEND



Caroline Martin



Drink responsibly



SMOKING INSIDE THE AIRCRAFT IS STRICTLY PROHIBITED!

विमान भित्र धुम्रपान निषेध गरिएको छ ।

**himal
remit**
हिमालरेमिट

मेरो मन तब खुशी हुन्छ, जब
मेरो परिश्रमको फलले
मेरो परिवारको खाँचो टार्छ ।
दुक्का छु, मेरो खुशीलाई
हिमालरेमिटले मेरो परिवारसम्म
पुन्याई दिइरहेको छ ।



पुन्याउँछौं **खुशी**

a product of

HBL



हिमालयन बैंक लिमिटेड
Himalayan Bank Ltd.

www.himalayanbank.com/himalremit

टोल फ्रि १६ ६०० १११ ०००

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

QR SCAN
FOR MORE
DETAILS.



Follow us on:

[f](https://www.facebook.com/himalremit) himalremit
[@himalremit](https://www.instagram.com/himalremit)
[@himalremit](https://www.twitter.com/himalremit)

Khukri®

— SPICED RUM —



DRINK RESPONSIBLY

PREMIUM SPICED RUM
INFUSED WITH NEPALESE SPICES

www.khukrirum.com



khukrirumnepal



khukrirum